



Basic Baking

*McDougall's
Cookery
Service*



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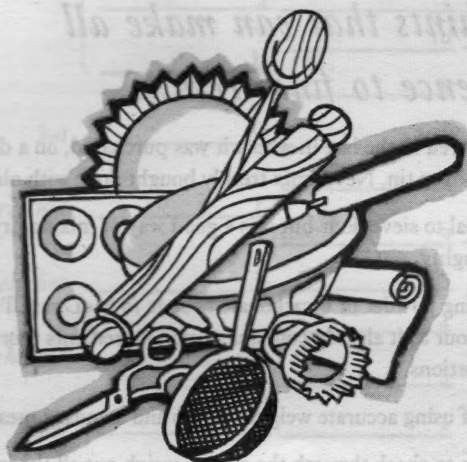
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General hints that can make all the difference to final results

- * Flour is best stored in the bag in which it was purchased, on a dry, cool, airy shelf, *not* in a bin or tin. Never mix freshly bought flour with old stock.
- * It is not essential to sieve flour but it is a good way of mixing dry ingredients together thoroughly.
- * Never add baking powder or bicarbonate of soda to McDougall's Super-Sifted Self-Raising Flour as it already contains raising ingredients thoroughly mixed in scientific proportions.
- * Make a point of using accurate weights, scales and standard measures.
- * It is a good idea to check through the recipe, weigh out all the ingredients, prepare any necessary cake tins or pudding basins and to set and light or switch on the oven, before you begin the actual mixing.
- * Place the mixing bowl on a damp dish-cloth to prevent slipping.
- * Try to keep a large jug of hot water handy for rinsing knives, forks, etc, ready for instant re-use—it's a wonderful time-saver!



Oven Management

OVEN MANAGEMENT CHART

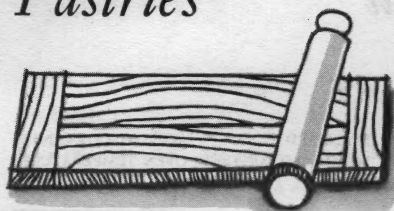
RECIPE INSTRUCTION	MAINSTAT LETTERED CONTROL	STANDARD NUMBERED CONTROL	APPROXIMATE CENTRE OVEN TEMPERATURE	
			°F	600
<i>very hot</i>	L			
	K	12	550	
	J	11		
	H	10	500	
<i>hot</i>		9		
	G	8	450	
		7		
<i>fairly hot</i>	F	6	400	
<i>moderately hot</i>	E	5		
		4		
<i>very moderately heated</i>	D	3	350	
		2		
<i>slow</i>	C	1	300	
	B	1/2	250	
<i>very slow</i>	A	1/4		
			200	

The temperatures quoted at the end of all recipes in this book refer to the heat of the oven ON THE SHELF where the food is to be cooked. Directions for oven control can be obtained from the manufacturers. If yours is not a thermostatically controlled cooker, you can get an oven thermometer from most

hardware stores.

Try to cook as many things as possible when the oven is in use. Remember to leave at least 1 inch space all round baking trays so that the heat can circulate freely. Clean the cooker while it is still warm—it's much easier that way.

Pastries



BASIC METHODS

General hints

Everyone can make good pastry! If you are not too successful, check through these points before you begin.

- * Be sure to use the proportion of fat quoted in the recipe.
- * Shape the pastry into a round, square or oblong according to your requirements before rolling out.
- * Right-handed workers should press more heavily with the left hand until even rolling with both hands becomes a habit.
- * Never stretch the pastry to make it fit a dish as it will shrink away from the edge during cooking.
- * When lining a pie plate, flan ring, etc, press the pastry firmly against the base to expel the air. If this is not done, the air expands in the heat of the oven and pushes the pastry up through the filling.
- * Cover the pastry with greaseproof paper when it is sufficiently brown, if the cooking period has to be prolonged until the filling is cooked.

Short-crust pastry

8 oz McDougall's super-sifted flour, self-raising or plain $\frac{1}{2}$ teaspoonful salt
2 oz margarine and 2 oz vegetable cooking fat
or 4 oz lard or 4 oz butter
about 2 tablespoonfuls cold water to mix

Rub fat into the flour and salt, add sufficient water to mix to a firm paste using a table knife. Knead lightly until smooth on a floured board. Turn the pastry over so the smooth side is uppermost, roll out as directed.

Special hints for short-crust pastry

- * Lard makes the 'shortest' pastry, but

equal amounts of butter or margarine and vegetable cooking fat give good results.

- * Never 'over-rub' the fat into the flour. This starts the pastry binding together before the water is added and makes it break when rolled out – if you see the pieces getting bigger again instead of smaller, it's a sure sign you are beginning to over-rub.
- * Be sparing when you add water, too much will make the pastry hard.

'Fork mix' short-crust pastry

8 oz McDougall's super-sifted flour, self-raising or plain $\frac{1}{2}$ level teaspoonful salt
4 dessertspoonfuls cold water 4 oz Trex

Simply place all ingredients together in a bowl and firmly mix with a fork until a ball of dough forms [one or two minutes]. Roll out as usual.

Rough puff pastry

$\frac{1}{2}$ lb McDougall's super-sifted flour, self-raising or plain $\frac{1}{2}$ teaspoonful salt
 $\frac{1}{2}$ teaspoonful cream of tartar or a good squeeze of lemon juice
6-8 oz firm butter or margarine
approximately $\frac{1}{2}$ pint cold water

Sieve the flour, salt and cream of tartar [if used]. Cut the fat into pieces the size of a small walnut and add to the flour. Mix to a pliable paste with the water and lemon juice [if used]. Shape the pastry into an oblong with floured fingers, then roll into a thin oblong on a floured board. Fold up the lower third of the pastry, bring the top third down on to it, seal the open edges with the rolling pin. Turn with the fold to the left-hand side. Press two or three times with the rolling pin to flatten. Roll out into a thin oblong and repeat as italicised above. Leave in a cold place for about 20 mins. Repeat the rolling, folding and resting as above four more times. Wrap in greaseproof paper, then a damp cloth and leave in a cold place for an hour or overnight. Roll out and use as required.

Special hints on rich pastries

- 1 Use a firm fat and in the proportion quoted in the recipe.
- 2 Knead the pastry until it is elastic.
- 3 Roll out evenly keeping the pastry straight at the sides and ends.
- 4 If the fat breaks through the pastry, put it in a cold place to harden.
- 5 When the pastry is required for use, roll it fairly thinly so that it will expand well and cook through. Trim off the rounded edges before use.
- 6 After using the pastry as required, leave it in a cold place before baking.
- 7 Bake the pastry in a hot oven at first to expand the air. Cover the pastry and reduce the heat until the filling is cooked.
- 8 To use the trimmings – keep the pieces flat and place them on top of one another. Press with the rolling pin, floured lightly, fold and roll out twice as before.

Flaky pastry

$\frac{1}{2}$ lb McDougall's super-sifted flour, self-raising or plain pinch of salt
5 oz butter, or 5 oz margarine and lard mixed just under $\frac{1}{2}$ pint cold water for mixing

Sieve the flour and salt into a basin, divide the fat into four portions on a plate. Put one-quarter into the flour and rub it in. Mix to a pliable dough with the cold water and turn on to a floured board, knead well. Roll into an oblong about 14 inches long and 6 inches wide, keeping the sides quite straight and the top flat. Mark the pastry into three equal portions without cutting it. Put the second lot of fat in small pieces over the top two-thirds, then fold the bottom third up over the middle and the top one down over the other two. Seal the open ends with the rolling-pin and give the pastry one-half turn so that the folded end is to the right or left. Roll out again into an oblong a little larger than the first. Mark into three again and repeat twice with the remaining portions of fat. Roll out once more and fold up as before, then put away to cool for as long as possible. Then use as required for meat dishes of all kinds, mince pies, sausage rolls, etc. For savoury dishes, brush the pastry over with beaten egg before putting into the oven.

Suet crust pastry

8 oz McDougall's super-sifted self-raising flour
 $\frac{1}{2}$ teaspoonful salt 3 oz suet
approx. $\frac{1}{2}$ pint water

Sieve or mix flour and salt, stir in suet, mix to a pliable paste with water.

Flan pastry

For an 8-inch flan ring

6 oz McDougall's super-sifted flour, self-raising or plain $\frac{1}{2}$ teaspoonful salt
3 oz butter or margarine
1 teaspoonful castor sugar
yolk of 1 egg a little cold water

For a 7-inch flan ring

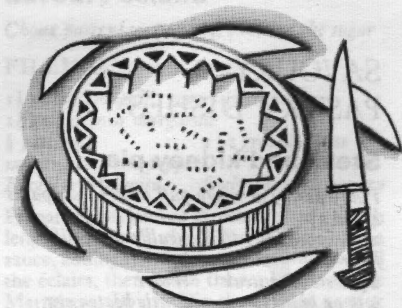
4 oz McDougall's super-sifted flour, self-raising or plain pinch of salt
2 oz butter or margarine
small teaspoonful castor sugar
yolk of 1 egg a little cold water

Rub the fat into the flour and salt, stir in the sugar, mix to a firm paste with egg yolk and water.

To prepare a flan case

- 1 Grease a piece of greaseproof paper, lay it on a baking sheet and place a greased flan ring on it.
 - 2 Roll out the pastry into a round about 1 inch larger than the flan ring. Fold in half, lift into the ring, open out and press well against the base and sides.
 - 3 Trim off the edges cleanly with a sharp knife.
 - 4 Press a large round of greased greaseproof paper, greased side down, on the pastry, fill with breadcrusts to prevent the pastry rising.
 - 5 Bake for about 15 mins, then remove the paper, etc, and return the pastry to the oven for a few minutes to dry the centre.
- 400° Fahr; regulo mark 6; middle shelf
The above procedure is termed baking 'Blind'. Aluminium foil may be used instead of paper and crusts.

NB: A sandwich tin may be used in place of the flan ring or the sandwich tin may be covered outside with the pastry. Short-crust pastry [see page 4] can be used if preferred.



Choux pastry

4 oz McDougall's super-sifted self-raising flour
pinch of salt $\frac{1}{2}$ oz sugar
 $\frac{1}{4}$ pint water 2-3 eggs
2 oz butter or margarine

Sieve flour, salt and sugar on to a piece of paper. Put water and fat into a small saucepan, bring to the boil, then add the flour, etc., all at once. Stir quickly with a wooden spoon until the mixture forms a smooth ball of dough. Remove from the heat, add one egg, stir, then beat very thoroughly until it has been absorbed. Repeat with the second egg. Beat the third egg and add sufficient to bring the mixture to a velvety consistency, which will keep its shape when pulled into points with the spoon. Beat thoroughly before use.

Cheese pastry

4 oz McDougall's super-sifted flour, self-raising or plain
2 oz butter or margarine
2 oz grated cheese salt and pepper
yolk of 1 egg cayenne [if liked]
about 1 tablespoonful cold water

Sieve the flour, salt and pepper into a basin and rub in the fat. Add the cheese. Mix to a stiff paste with a yolk of egg and water and turn out on a floured board. Roll out to about $\frac{1}{4}$ inch thick and cut into narrow strips or biscuits and bake for about 10-15 mins.

Cheese straws

The strips should be 3 inches long and about $\frac{1}{4}$ inch square. Cut rings from the trimmings of pastry through which the cheese straws are placed before serving.

330° Fahr; regulo mark 3;
above the middle of the oven

SAVOURY PASTRY DISHES

Steak and kidney pie

Flaky pastry or rough puff pastry [see pages 4 and 5]

2 tablespoonfuls McDougall's super-sifted flour
2 $\frac{1}{2}$ lb stewing steak Water
 $\frac{1}{4}$ lb ox kidney a little beaten egg
 $\frac{1}{4}$ teaspoonful pepper pie dish 9 x 7 x 2 $\frac{1}{2}$ ins

Wash meats, cut into 1-inch cubes. Mix the flour and seasonings and roll the meat in the seasoned flour. Put the meat into the dish, add sufficient water to come halfway up the dish. Cover with greased greaseproof paper, twist firmly around dish and cook for 1 $\frac{1}{2}$ -2 hrs. Allow to cool.

310° Fahr; regulo mark 2; middle shelf
Roll out the pastry into an oblong 3 inches wider and longer than the dish. Trim off the rounded edges, then cut narrow strips for lining the edge of the dish. Brush the edge with beaten egg, put the strips in place, joining neatly, then brush with beaten egg. Cover with the remaining pastry avoiding stretching. Press the edges lightly together, trim with a knife held with the blade slanting away from the edge of the dish, using sharp, clean strokes. 'Tap' up the edges of the pastry with the back of the knife, decorate suitably, make a hole in the centre and brush with beaten egg. Roll the trimmings into a long strip, cut off a piece about 1 inch wide, and cut five diamond shaped pieces for the 'leaves'. Mark the veins with the back of the knife, brush with beaten egg and arrange in the centre of the pie. Make a rose or tassel from another piece of pastry and put in the centre. Place the pie on a baking sheet and bake for 40 mins. Cover with greaseproof paper halfway through the baking period.

425° Fahr; regulo mark 7; middle shelf

Steak and kidney pudding

Suet crust pastry using $\frac{3}{4}$ lb McDougall's super-sifted, self-raising flour etc [see page 5]

FILLING

1 $\frac{1}{2}$ tablespoonfuls McDougall's super-sifted flour
1 $\frac{1}{2}$ lb stewing steak 1 teaspoonful salt
 $\frac{1}{2}$ lb ox kidney $\frac{1}{2}$ teaspoonful pepper

Cut the meats into pieces about $\frac{1}{4}$ inch square. Mix seasonings and flour and roll the meats in them. Grease a 2 $\frac{1}{2}$ pint basin and a piece of paper for covering the top. Make the pastry [see page 5]. Roll out two-thirds of the pastry into a round and line the basin evenly with it leaving about $\frac{1}{4}$ inch of pastry above the top. Fill with the meats and half fill with cold water. Roll out the remaining pastry into a round for the top, damp edges, and put in position pressing the edges firmly together. Cover with greased paper and steam for 3 hrs.

Sausage rolls

Flaky pastry [see page 5]

1 lb sausages a little beaten egg

Dip sausages in cold water, slit skins and remove them. Flour the sausages and roll into two rolls about 14 inches long. Roll out pastry into a thin strip, trim off edges and divide in half lengthways. Brush edges with egg, put a sausage roll on each strip. Roll up and press securely at the join. Cut each roll into six with a sharp knife, mark twice across the top with the back of the knife. Brush with egg and place on an ungreased baking sheet. Bake for 20 mins.

440° fahr; regulo mark 8; middle shelf

Sardine rolls

Cheese pastry [see page 6]

FILLING

1 can sardines a little vinegar
pepper beaten egg

Lift the sardines on to a flat plate, remove the tails, sprinkle lightly with pepper and vinegar. Mash well with a fork. Make the pastry and roll it out to an oblong 14×6 inches, cut in half lengthways. Brush the long edges with beaten egg or water. Put the sardine mixture near the outer edge of each strip, roll up each strip so that the edge of the pastry is underneath. Cut into neat lengths, place on a greased baking sheet. Brush with beaten egg and bake for 15 mins.

400° fahr; regulo mark 6; middle shelf

Pigs in blankets

Cheese pastry [see page 6]

$\frac{1}{2}$ lb chipolata sausages beaten egg

Roll out the pastry into an oblong just under $\frac{1}{2}$ inch thick. Trim the edges, cut into strips lengthways about 1 inch narrower than the sausages. Brush over the surfaces with beaten egg or water. Place a chipolata on one of the strips so that the ends of the sausage will show, then roll up until the pastry overlaps about $\frac{1}{2}$ inch. Cut off and re-roll to seal the join. Repeat with the rest of the chipolatas. Place with the sealed edges underneath, on a greased baking sheet. Brush with beaten egg. Bake for 15 mins.

400° fahr; regulo mark 6; middle shelf

The trimmings of pastry can be rolled out, cut into rounds and the biscuits baked for 15 mins.

330° fahr; regulo mark 3;
just above the middle

Swindon piglets

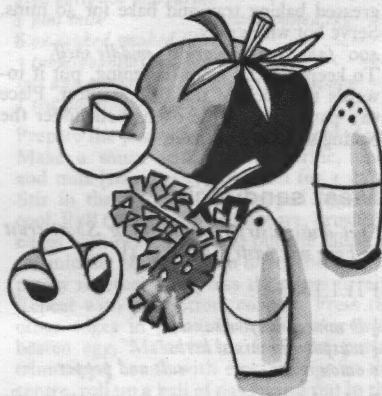
Flaky pastry [see page 5]

FILLING

$\frac{1}{2}$ lb skinless sausages $\frac{1}{2}$ lb collar bacon
 $\frac{1}{4}$ lb finely chopped mushrooms
3 medium sized tomatoes, peeled and chopped
1 teaspoonful finely chopped parsley
a little beaten egg salt and pepper

Mix tomatoes, mushrooms, parsley and seasoning together. Cut bacon into pieces long enough to wrap around the sausages. Spread each piece with the filling and wrap around the sausages. Roll out the pastry into an oblong just under $\frac{1}{2}$ inch thick. Trim the edges, cut into strips lengthways about 1 inch narrower than the prepared sausages and proceed as for Pigs in Blankets [see page 7]. Place on an ungreased baking tray. Bake for 20 mins.

440° fahr; regulo mark 8; middle shelf



Savoury éclairs

Choux pastry [see page 6], omitting the sugar

FILLING

1 $\frac{1}{2}$ oz McDougall's super-sifted flour
1 $\frac{1}{2}$ oz butter or margarine
 $\frac{1}{2}$ pint milk 2 oz grated cheese
salt and cayenne pepper
Bovril or Marmite finely chopped parsley

Prepare the éclairs as directed, pipe 1 $\frac{1}{2}$ -inch lengths. Prepare the filling by making a sauce, adding the cheese and seasonings. Fill the éclairs, then brush the tops with a little Marmite or Bovril. Dip the ends in parsley or grated cheese.

Bacon roll

Suet crust pastry [see page 5]

FILLING

8 oz *bacon rashers* [uncooked]
1 *green pepper*, or 1 *small onion*
or 3 *firm tomatoes* [skinned]
little chopped parsley if liked
 $\frac{1}{4}$ lb *mushrooms* pepper
a *little beaten egg*

Make the suet pastry. Roll out to a rectangle about 20 inches by 10 inches. Lay the rashers parallel to the short sides so the pastry is covered. Sprinkle with sliced pepper or sliced tomato or finely chopped or grated onion, then the chopped mushrooms and parsley [if used]. Shake pepper lightly over the filling. Brush sides and far end with egg [or water]. Starting at the short side nearest to you roll up so the 'join' is underneath. Press to seal and press edges lightly with the fingers. Place with the join underneath on a greased baking tray and bake for 40 mins. Serve hot with gravy.

400° fahr; regulo mark 6; middle shelf

To keep the roll from flattening, put it towards the back of the baking sheet. Place two patty tins on the oven shelf under the baking sheet at the front.

Meat sandwich

Suet crust pastry [see page 5] or Short-crust or Fork mix pastry [see page 4]

FILLING

$\frac{1}{2}$ lb *minced beef or sausage*
 $\frac{1}{4}$ *teaspoonful mixed herbs*
1 *onion* salt and pepper

Peel onion, then mince, chop or grate it, mix with meat, herbs and seasoning. Prepare pastry, roll out $\frac{3}{4}$ of it and line a greased 7-inch sandwich tin; fill with meat, onion, etc. Roll out remainder of pastry into a round approximately the same size as sandwich tin, damp edges, place on the top of the tin, seal the two layers of pastry firmly. Trim and neaten. Bake for $\frac{1}{2}$ hr. Serve hot, with gravy.

400° fahr; regulo mark 6; middle shelf

Cheese and onion pie

Suet crust pastry [see page 5] or Short-crust or Fork mix pastry [see page 4]

FILLING

$\frac{1}{2}$ lb *onions* 4 oz *grated cheese*
pepper 1 *level teaspoonful salt*

Prepare the onions, cut in half and boil for 10 minutes. Drain and chop, mix with cheese and seasoning. Prepare the pastry. Roll out two-thirds of it and line a greased 8-inch sandwich tin – fill with the cheese and onion mixture. Roll out the remaining pastry into a round approximately the same size as the sandwich tin, damp the edges, place on the top of the tin, seal the two layers of pastry firmly. Trim and neaten. Bake for 30 mins. 400° fahr; regulo mark 6; middle shelf



Savoury flans

Short-crust or Fork mix pastry [see page 4], using 4 oz McDougall's super-sifted flour, etc.

Make the pastry and use it to line a 7-inch flan ring or sandwich tin; bake 'blind', following the instructions on page 5.

FILLINGS

1. Fish flan

8 oz *cooked fish* salt and pepper
Chopped parsley or capers or grated cheese
 $\frac{1}{2}$ *pint coating sauce [see page 37]* – using fish liquor and milk

Arrange the cooked fish in the flan case, heat through in the oven. Make the sauce [see page 37], add salt and pepper to taste, and parsley, capers or cheese. Pour sauce over the fish and garnish with parsley.

2. Cheese and vegetable flan

Cooked vegetables salt and pepper
2 oz to 3 oz *grated cheese*
 $\frac{1}{2}$ *pint coating sauce [see page 37]* – using vegetable liquor and milk

Follow the directions for Fish flan, as given above. Serve hot or cold.

Cheese tartlets

Short-crust or Fork mix pastry using 4 oz McDougall's super-sifted flour, etc [see page 4]

FILLING

1 oz McDougall's super-sifted flour
1 oz margarine $\frac{1}{2}$ pint milk
 $\frac{1}{4}$ teaspoonful salt 2 oz grated cheese
shake of pepper 1 egg

Make the pastry and use it to line 12 tartlet or bun tins. Melt the margarine in a small saucepan, sieve the flour, salt and pepper and add it all at once. Cook for a second or two, stirring all the time. Add the milk by degrees stirring well after each addition. Boil well and remove from the heat. Stir in the grated cheese. Separate the white and yolk of the egg. Beat the yolk into the sauce, whisk up the white until very stiff and fold lightly into the sauce using a tablespoon. Divide the mixture evenly between the pastry cases. Bake for 20 mins.
400° fahr ; regulo mark 6 ; middle shelf

Cheese, onion and bacon tartlets

Short-crust pastry, using 4 oz McDougall's super-sifted flour, etc [see page 4]

FILLING

1 medium sized onion 4 oz streaky bacon

SAUCE

$\frac{1}{2}$ oz McDougall's super-sifted flour, self-raising or plain
 $\frac{1}{2}$ oz butter or margarine
salt and pepper $\frac{1}{2}$ pint milk
1 egg 1 oz cheese

Mince the bacon, fry gently in its own fat, add chopped onion and continue frying until golden brown. Allow to cool. Make the pastry, and line 12 greased tartlet tins. Divide bacon and onion evenly between the 12 tartlets. Make the sauce as for Cheese tartlets [above]. Put a spoonful of sauce in each tartlet. Bake for 20 mins.
400° fahr ; regulo mark 6 ; middle shelf

Egg and bacon pie

Short-crust or Fork mix pastry using 6 oz McDougall's super-sifted flour etc [see page 4]

$\frac{1}{2}$ lb smoked streaky bacon
3 eggs pepper
a little beaten egg

Grease a 7-inch sandwich tin, line with $\frac{3}{4}$ of the pastry. Cut off bacon rinds, cut bacon into strips with scissors, then again into small pieces, season with pepper. Arrange bacon on pastry so that three spaces are left for the eggs. Put an egg in each space, season with pepper. Brush edge of pastry with water or beaten egg; cover with remainder of pastry rolled into a round. Trim and neaten the edges. Make small leaves and a tassel from the trimmings, brush with beaten egg. Brush pastry with egg and put decorations in place. Bake for 40 mins. Serve cold.
400° fahr ; regulo mark 6 ; middle shelf

Smoked fish turnover

Flaky pastry [see page 5] or Short-crust or Fork mix pastry [see page 4]

1 beaten egg

FILLING

$\frac{3}{4}$ oz McDougall's super-sifted flour
 $\frac{3}{4}$ oz butter or margarine
 $\frac{1}{2}$ pint milk 1 hard-boiled egg
8 oz cooked smoked fillets
3 tablespoonfuls mashed potatoes
salt and pepper grating of nutmeg
1 teaspoonful chopped parsley

Prepare the pastry and leave in a cool place. Make a sauce with the margarine, flour and milk [see page 37] and boil for 2 mins. Stir in the flaked fish, chopped egg, etc, cool. Roll the pastry into a square, brush the edges with beaten egg and put the filling in the middle. Bring the two top corners of the pastry together and press the edges firmly. Repeat with the bottom corners. Press the other edges in place. Brush all over with beaten egg. Make leaves from the pastry trimmings, brush with egg, arrange in the centre, roll up a ball of pastry and put in the centre to hold the leaves in place. Bake on an ungreased baking sheet for 40 mins.
400° fahr ; regulo mark 6 ; middle shelf

Bacon and tomato flan

Short-crust pastry, using 6 oz McDougall's super-sifted flour, etc [see page 4]

FILLING

$\frac{1}{2}$ lb best back rashers
3 medium sized tomatoes
1 small onion [finely chopped or grated]

SAUCE

1 $\frac{1}{2}$ oz McDougall's super-sifted flour
1 $\frac{1}{2}$ oz butter or margarine
 $\frac{1}{2}$ pint milk 2 oz grated cheese
pepper

DECORATION

2 heaped tablespoonfuls grated cheese
1 level tablespoonful browned breadcrumbs
parsley

Make the pastry and use it to line an 8-inch flan ring or sandwich tin, bake 'blind' following instructions on page 5.

400° fahr; regulo mark 6; middle shelf

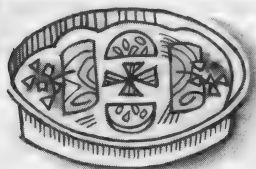
Whilst the pastry is in the oven, cut off 6 lean pieces of bacon about 3 inches long, roll each up firmly and secure the join with a skewer down the centre of the rolls. These may be cooked in the oven with the pastry or grilled. Cut up the remainder of the bacon into small pieces and fry in its own fat until crisp and brown. Drain carefully on absorbent paper on a plate and keep hot. Fry the onion in the bacon fat until tender and lightly browned, drain and keep hot with the bacon. Place the cooked flan case on an ovenware plate, cover the base with sliced tomato, reserving 4 pieces for decoration. Keep the flan hot. Make the sauce [see page 37]. [The sauce must be thick so that it will support the decoration on top.] Add the 2 oz grated cheese and a little pepper to taste.

To finish the flan

Arrange the onion and chopped bacon over the tomatoes and pour in the sauce. Cover with the remainder of the grated cheese and the browned breadcrumbs. Put back into the oven for 7-10 mins to brown.

440° fahr; regulo mark 8; second shelf

Garnish with the bacon rolls, parsley, and slices of tomato.



Steamed savoury pudding

10 oz McDougall's super-sifted self-raising flour

3 oz vegetable cooking fat

4 oz grated cheese or 4 oz chopped or minced cooked meat

1 tablespoonful chopped parsley

1 medium sized onion ½ pint milk

Sieve flour, salt and pepper. Rub in fat, stir in chopped or grated onion, cheese or meat and parsley. Add milk and beat thoroughly. Place mixture in a greased basin, cover with greased paper and steam for 2 hrs. Serve with gravy.

Saucer pies

Ideal for small families, packed meals, etc.

REQUIREMENTS

A greased saucer about 5½ inches in diameter and 1 inch deep. A hot baking sheet in the oven on which to place the pie

OPEN

Short-crust pastry using 2 oz McDougall's super-sifted flour, etc [see page 4]

COVERED

Short-crust pastry using 3 oz McDougall's super-sifted flour, etc [see page 4]

TO PREPARE THE PIES

For an open one, roll out the pastry into a round ¾ inch larger than the saucer, fold in half, lift into the saucer, open out and press well against the base and sides. Trim edges with a sharp knife and decorate. Add the filling and bake as directed.

For a covered pie, use just over half the pastry to line the saucer. Put in the filling, damp the edges. Roll out remaining pastry for the lid and cover the pie, press edges of pastry firmly together, trim and decorate. Brush savoury pies with beaten egg before baking.

FILLINGS - OPEN PIES

Syrup, oats and coconut [see page 11]

Use half the amount of filling and bake for 20 mins. as directed.

Macaroon [see page 12]. Prepare half the amount of filling and bake as directed for 20-25 mins.

Custard

½ pint hot milk ½ egg
1 teaspoonful sugar nutmeg

Wet the saucer with water before lining with pastry. Prepare and bake for 20 mins as directed on page 12.

FILLINGS - COVERED PIES

Mincemeat. Fill the pastry case with mincemeat and bake for 30 mins.

400° fahr; regulo mark 6; middle shelf

Egg and bacon

2 oz streaky bacon 1 egg pepper

Cut the bacon into small pieces with a pair of scissors, season with pepper. Arrange around the edge of the pastry, drop the egg in the centre, season with pepper. Bake for 30 mins. Serve cold.

400° fahr; regulo mark 6; middle shelf

Cheese and tomato

- 1 large sliced tomato
- 1½ oz grated cheese
- 1 rounded tablespoonful sieved breadcrumbs
- salt and pepper

Arrange ingredients in layers, seasoning each lightly. Bake for 20 mins.

400° fahr; regulo mark 6; middle shelf

Open tarts

Requirements

- 1 Short-crust pastry [see page 4] using 6 oz McDougall's super-sifted flour, etc.
- 2 A greased, fluted sandwich tin or pie plate measuring approximately 8½ inches across and about 1 inch deep.
- 3 A pre-heated oven - 400° fahr; regulo mark 6.
- 4 A hot baking sheet in the middle of the oven on which to place the pie.

To line a pie plate or tin

- 1 Roll out the pastry into a round about 1½ inches larger all round than the plate or tin.
- 2 Cut a circular strip about ¾-inch wide from outside the round.
- 3 Line the wetted edge of the plate, etc, with the pastry strip, press lightly and moisten with water.
- 4 Fold the round of pastry in half, open out and press, without stretching, against the base and pastry rim. Trim and decorate.
- 5 Add one of the following fillings:-
- 6 Pastry trimmings can be rolled out, cut into strips, left plain or 'twisted' and used to criss-cross the filling.
- 7 Cover with greased paper when sufficiently brown.

Fillings for open tarts

Jam tart

Spread jam or marmalade over pastry. Bake 20 mins.

Syrup tart

- 2 large tablespoonfuls warmed syrup
- 2 tablespoonfuls breadcrumbs
- juice of half lemon

Mix filling and spread over pastry. Bake 20 mins.

Syrup, oats and coconut

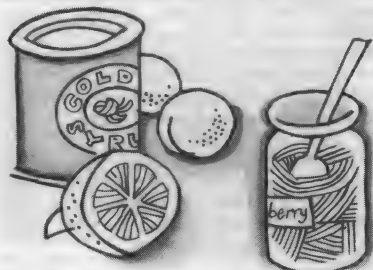
- 3 oz margarine
- jam
- a few drops almond essence
- 3 level tablespoonfuls warmed syrup
- 3 rounded tablespoonfuls quick-cooking oats
- 3 rounded tablespoonfuls coconut

Spread pastry with jam. Melt margarine and syrup, stir in essence, oats and coconut, spread over jam. Bake 20 mins.

Apricot and walnut

- 6 oz dried apricots
- 2 oz sugar
- 1 teaspoonful lemon juice
- 1½ oz sieved cake crumbs
- 12 walnut halves

Wash and soak apricots, cook till tender, then add sugar and lemon juice and mash with fork. Stir in the cake crumbs. Put the mixture into the pastry case, criss-cross with strips of pastry to form a broad lattice and place a halved walnut in each square. Bake 25 mins.



Curd cheese cake

Short-crust pastry [see page 4] using 4 oz McDougall's super-sifted flour, etc

FILLING

- 6 oz curd [made from 2 pints milk plus rennet
- or 6 oz cream cheese
- 1½ oz margarine
- 1 oz sugar
- 2 eggs
- 1 tablespoonful cream
- 2 oz currants
- grated rind of half a lemon
- a little brandy or rum [if liked]

TOPPING

- 1 oz chopped peel
- ½ oz butter

If making the curd, warm the milk to blood heat, add the rennet [using quantity as directed] and leave to set. Pour into muslin, tie loosely and hang up so that the whey drips into a basin. Leave at least 24 hours, until the curds are dry. Rub through a sieve. If using cream cheese, rub through a sieve. Make the pastry and use it to line a fluted 7-inch flan ring, following the instructions on page 5, but do not bake.

Cream the margarine, until soft, add the sugar, beat well. Stir in the curds, beaten eggs, currants, lemon rind, cream, and brandy or rum if used. Put the mixture into prepared pastry case, sprinkle with peel and dot with a few knobs of butter. Bake for 30 mins.

400° fahr; regulo mark 6; middle shelf

Plain Bakewell tart

Short-crust or Fork mix pastry using 4 oz McDougall's super-sifted flour, etc [see page 4]

FILLING

1 oz McDougall's super-sifted self-raising flour
jam 1 egg
lemon curd [if liked] 1 oz semolina
2 oz castor sugar pinch of salt
2 oz butter or margarine
a few drops of almond essence

Line a greased 7½–8-inch pie plate with the pastry. Trim and decorate. Spread jam on the base of the pastry, then lemon curd. Prepare the rest of the ingredients by Method 2 [see page 17], and spread over the curd. Bake for 40 mins, covering the top with greaseproof paper when sufficiently brown.

380° fahr; regulo mark 5; middle shelf
NB: Attractive Bakewell slices suitable for tea can be made by lining an oblong tin 10×7 inches with the pastry, filling and baking as described above for 30 mins, then cutting into fingers when cold.

Rich Bakewell tart

Flan pastry using 4 oz McDougall's super-sifted flour, etc [see page 5]

FILLING

½ oz McDougall's super-sifted self-raising flour
2 oz castor sugar 2 oz ground almonds
2 oz butter or margarine 1 egg
3 tablespoonfuls apricot jam
2 oz chopped candied peel
1 oz blanched split almonds for top

Make the pastry and use it to line a 7-inch flan ring [see page 5]. Spread the jam on the base of the pastry and sprinkle with the candied peel. Prepare filling by Method 2 [see page 17], mixing the flour with the ground almonds. Spread the mixture over the jam, etc. Bake for 10 mins, then place the split almonds on top. Bake for a further 30 mins. Total baking time 40 mins.

380° fahr; regulo mark 5; middle shelf

Congress tarts

Short-crust or Fork mix pastry, using 6 oz McDougall's super-sifted flour, etc [see page 4]

FILLING

3 oz castor sugar almond essence
3 oz butter or margarine jam
1 egg 3 oz ground rice

Make the pastry, roll out to just under ¼ inch in thickness and line 12 greased patty tins. Prepare the filling by Method 2 [see page 17]. Proceed as for Macaroon tarts. Bake for 15–20 mins.

400° fahr; regulo mark 6;
just above the middle

Macaroon tarts

Short-crust or Fork mix pastry using 6 oz McDougall's super-sifted flour, etc [see page 4]

FILLING

2 teaspoonfuls ground rice
3 drops almond essence
2 oz ground almonds whites of 2 eggs
3 oz castor sugar jam

Prepare the pastry, roll out to just under ¼ inch in thickness and line 12 greased patty tins. Put a little jam in each. Whisk the whites of egg stiffly, stir in the essence, almonds, sugar and ground rice. Put a spoonful of the mixture in each tart. Roll out the remaining pastry, cut into narrow strips, damp the ends, and arrange in the form of a cross over the filling and touching the pastry. Bake for 20 mins.

380° fahr; regulo mark 5; middle shelf

Custard tart

Short-crust pastry [see page 4] using 6 oz McDougall's super-sifted flour, etc

FILLING

¾ pint hot milk 2 oz sugar
a little grated nutmeg 3 eggs

Pie tin approximately 7½ inches across the top, 5½ inches across the base and 1½ inches deep. Place a baking sheet in the oven on the shelf to be used for the pie. Make the pastry and roll it out about ¼ inch in thickness. Line the wetted tin with it pressing very firmly against the base and the sides to expel the air. [This process should be carried out carefully otherwise the pastry may rise during cooking.] Decorate the top in a way that will allow the pie to be removed from the tin. Put the eggs and sugar in a basin, mix thoroughly, pour on the hot milk, stirring all the time. Strain into the pastry case and grate a little nutmeg on the top. Place the pie in the oven on the hot baking sheet and bake for 40 mins, covering with greaseproof paper when the pastry is sufficiently brown.

380° fahr; regulo mark 5; middle shelf

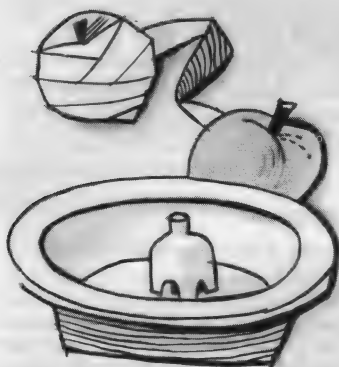
Fresh fruit flan

*Flan pastry [see page 5], 7-inch or 8-inch
flan ring, baked 'blind'*

FILLING

*fresh fruit, i.e. strawberries, raspberries,
orange quarters, grapes, etc
 $\frac{1}{2}$ pkt table jelly just under $\frac{1}{2}$ pint water*

Fill the flan case with the fruit selected. Dissolve the jelly in $\frac{1}{2}$ pint hot water, make up to $\frac{1}{2}$ pint with cold water. Leave until cold and just starting to thicken, then pour over the fruit. Leave in a cold place to set. Stars of cream may be piped around the edge of the flan before serving.



Fruit flan using cooked fruit

*Flan pastry [see page 5], 7-inch or 8-inch
flan ring*

FILLING

*Stewed, bottled or canned fruit
 $\frac{1}{2}$ pint strained syrup from the can, etc
2 teaspoonfuls cornflour, or $\frac{1}{2}$ pkt table jelly
or jelly crystals, or $\frac{1}{2}$ oz gelatine*

Line the flan ring and bake as directed. Drain the fruit very thoroughly from the syrup and arrange carefully in the flan case. Measure a half pint of the strained syrup, sweeten if necessary and thicken by one of the following methods:

1 Blend two teaspoonfuls of cornflour to a smooth paste with a little of the syrup, boil the rest, pour on to the blended mixture, return to the saucepan, stir and boil 2 mins. Colour delicately and pour on the fruit. Leave to set.

2 Dissolve the jelly crystals, table jelly or gelatine in some of the hot syrup. Add the rest and a little colouring if necessary. Leave to cool, stirring occasionally. When the jelly is cold and just starting to thicken, pour at once over the fruit. *If the jelly is not thickening it will soak through the pastry.*

Fruit pie

*Short-crust or Fork mix pastry [see page 4]
 $1\frac{1}{2}$ lb fruit in season sugar to sweeten
water [amount according to type of fruit]*

Prepare the fruit, except apples which should be got ready after the pastry is made. Put half the fruit into the pie-dish, add the sugar and water, then the remainder of the fruit.

Prepare the pastry as follows:—

Roll out into an oblong 2 inches larger than the total size of the pie-dish. Cut off a narrow strip all round wide enough to cover the edge of the dish. Damp the edges of the pie-dish and put on the strip, pressing lightly and damping the strip with water. Cover the pie with the remainder of the pastry; avoid stretching, otherwise the pastry will shrink during the cooking. Press the edges lightly and trim off the surplus pastry with a knife. Hold the knife at an angle outwards from the edge of the dish and trim with sharp, short strokes. With the back of the knife 'tap' up the edges of the pastry, then decorate according to personal taste. Bake in the centre of the oven for 20 mins to set the pastry, then reduce the heat or move the pie lower in the oven until the fruit is cooked. If liked, the pie may be brushed with water or white of egg and dusted with castor sugar and returned to the oven for 5 mins. The pie should be covered with greaseproof paper when the pastry is sufficiently brown.
400° fahr reducing to 360° fahr;
regulo mark 6, regulo mark 4

Apple dumplings

*Short-crust or Fork mix pastry [see page 4]
4 large cooking apples
sugar or dates cold water*

Prepare the pastry, divide into four, roll each piece into a round and moisten the edges with water. Peel and core the apples, place one on each round. Fill with sugar or chopped dates and add a teaspoonful of water. Bring the edges of the pastry together over the apple, press well, turn over and place on a greased baking sheet. Bake 30 mins. Test apples before removing from oven.
400° fahr; regulo mark 6; middle shelf

Lemon meringue pie

Short-crust or Fork mix pastry using 6 oz McDougall's super-sifted flour, etc [see page 4]

FILLING

2 small lemons 7 oz castor sugar
1½ oz cornflour 2 eggs
½ pint boiling water

Make the pastry and line an 8-inch sandwich tin or flan ring with it following the instructions on page 5 for preparing a flan case. Bake as directed for about 15 mins, remove paper, etc, and return to the oven to dry the centre.

400° fahr; regulo mark 6; middle shelf

To prepare the filling

Blend the cornflour with a little cold water, pour on the boiling water, add grated rind and juice of the lemons. Stir and boil for 3 mins, add 3 oz of the sugar and the beaten yolks of the eggs, pour into the pastry case and allow to cool. Whisk up the egg whites until stiff and dry, beat in 2 teaspoonfuls of the remaining sugar. Cut and fold in the rest of the sugar, do this thoroughly but lightly. Pile the meringue on top of the cold filling so that the latter is completely covered and the meringue touches the pastry around the edges, dredge with castor sugar. Put the pie into the oven for 35 mins to set the meringue.

310° fahr; regulo mark 2; middle shelf

Syrup oat slices

Short-crust or Fork mix pastry using 4 oz McDougall's super-sifted flour, etc [see page 4]

FILLING

6 rounded tablespoonfuls quick-cooking oats,
or 3 rounded tablespoonfuls oats and the same
amount of desiccated coconut jam
3 oz butter or margarine
3 level tablespoonfuls warmed syrup
a few drops of almond essence

Make the pastry and line a shallow tin 10×7×½ inch. Spread a layer of jam over the pastry. Melt fat and syrup together in a saucepan over gentle heat. Add oats, coconut and essence and stir well together. Put filling evenly over the jam. Bake for 20 mins. When cold, cut into fingers.

400° fahr; regulo mark 6; middle shelf

Almond slices

Flan pastry, using 6 oz McDougall's super-sifted flour, etc [see page 5]

FILLING

whites of 2 eggs 2 oz ground almonds
3 oz whole almonds, chopped roughly
a few drops almond essence
3 oz sieved icing sugar
a little raspberry jam

Grease and line a shallow tin measuring 8×12 inches. Make the pastry and roll out to about ¼ inch thick and line the base of the tin. Whisk the egg whites stiffly and add the ground almonds, sugar and flavouring. Spread a thin layer of jam over the pastry and cover with the almond mixture. Sprinkle the chopped almonds over the top and bake for 25 mins until golden brown.

380° fahr; regulo mark 5;

just above the middle

To make coconut slices, substitute 2 oz desiccated coconut for the 2 oz ground almonds.

Mincepies

Short-crust, Fork mix or Flaky pastry [see pages 4 and 5]

mincemeat castor sugar

Roll out pastry to just under ¼ inch thick. Cut out rounds the size of the patty tins selected. Roll out the trimmings and cut into rounds slightly larger than the patty tins. Line the tins with these rounds. Put the mincemeat in the centre, moisten the edges of the pastry with water. Put on the tops and decorate the edges. Bake for 20 mins. Brush with water, sprinkle lightly with castor sugar and return to the oven for 5 mins.

425° fahr; regulo mark 7; middle shelf

Mincemeat

6 oz shredded suet ½ lb moist brown sugar
½ lb currants ½ lb stoned raisins
½ lb apples [peeled and cored]
grated rind and strained juice of 2 lemons
2 oz blanched almonds or other nuts
½ teaspoonful mixed spice 6 oz mixed peel
½ gill brandy or whitewine vinegar
[1 gill = ¼ pint]

Mince the raisins, peel, almonds and apples or chop finely. Mix thoroughly with the rest of the ingredients, leave in a covered basin overnight, then stir well and tie down in jars.

Cream horns

*Rough puff pastry trimmings folded and rolled as directed on page 5 [8]
lightly beaten egg white
Cornet moulds jam
 $\frac{1}{2}$ pint double cream or vanilla cream [see page 30]*

Roll out the pastry into an oblong $\frac{1}{2}$ inch in thickness, cut off long 1 inch wide strips, brush lightly with the beaten white of egg. Starting at the pointed end of the cornet mould, wind the pastry round allowing each layer to overlap slightly – the unglazed side should be touching the mould. Trim the top with scissors if necessary as the pastry must not overlap the open end of the cornet mould. Lay the prepared cornets, short side down, on a wetted baking sheet and leave in a cold place for half an hour before baking. Brush lightly with beaten egg white and bake for 10 mins. Remove the moulds carefully and return the horns to the oven for about 5 mins to dry the inside.

440° fahr ; regulo mark 8 ; middle shelf

When cold, put a little jam at the base of the pastry case, fill with cream.

Cream buns

*Half quantity Choux pastry [see page 6], omitting the sugar and using a small saucepan.
Whipped fresh double or Vanilla cream [see page 30] icing sugar*

Grease the bases of two 10-inch round, shallow tins [with lids]. Put even teaspoonfuls of the mixture in the tins, about 2 inches apart. Cover with the lids, which should fit tightly. Bake unopened for 45 mins, placing one tin on the top of the other and reversing the positions half-way through the baking period.

425° fahr ; regulo mark 7 ; middle shelf

When cold slit the side of each bun or remove the tops; fill with cream, then dredge with icing sugar.

Chocolate éclairs

*Choux pastry [see page 6]
Vanilla cream [see page 30]
Chocolate glacé icing [see page 29]*

Put the mixture into a savoy bag fitted with a $\frac{3}{8}$ -inch diameter plain tube. Pipe 3-inch lengths on to a greased baking sheet about 1 $\frac{1}{2}$ inches apart, then cut off the mixture sharply with a knife. Cook for 30–40 mins until crisp to the touch.

*380° fahr ; regulo mark 5 ;
just above the middle*

Cool, then slit open one side of each éclair with a sharp knife. Fill with vanilla or fresh double cream, whipped until thick, and ice with chocolate glacé icing. [See page 29]

Eccles Cakes

Short-crust pastry, Fork Mix or Flaky pastry [see pages 4 and 5]

FILLING

*$\frac{1}{2}$ teaspoonful mixed spice
3 oz sugar
1 oz finely chopped peel
 $\frac{1}{2}$ lb currants
few drops of water*

Make the pastry as directed and roll out to $\frac{1}{4}$ inch thick. Cut into rounds with a large scone cutter or small saucer. Put the currants, sugar and spice into a basin, just moisten with water and mix well. Turn the pastry rounds over and damp all round the edges. Put a large tablespoonful of the mixture on to each round and gather the edges together over the top. Join well and turn over, then press or roll until the currants just begin to show. Make two little cuts over the top of the cakes and place them on a greased tin. Bake for 20 mins.

425° fahr ; regulo mark 7 ; middle shelf

Linzer torte

*5 oz McDougall's super-sifted plain flour
pinch of powdered cloves and cinnamon
5 oz castor sugar
5 oz butter
5 oz ground almonds
juice of $\frac{1}{2}$ a lemon
1 egg yolk
about 4 tablespoonfuls jam for filling*

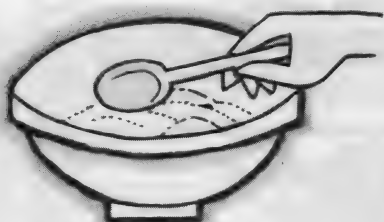
Mix all dry ingredients. Rub in butter. Add egg yolk and lemon juice and work into a dough. Chill in the refrigerator. Roll out $\frac{3}{8}$ of mixture and line a greased 8-inch flan ring. Spread with jam and cover with strips cut from the rest of the pastry. Bake for 30 mins.

380° fahr ; regulo mark 5 ; middle shelf

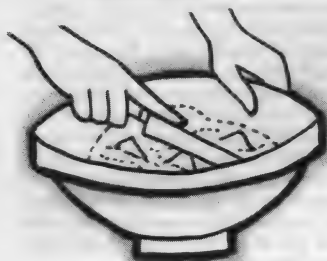
When cold, put on a little extra jam and dust thickly with icing sugar.

Cakes

Rubbing in [1]



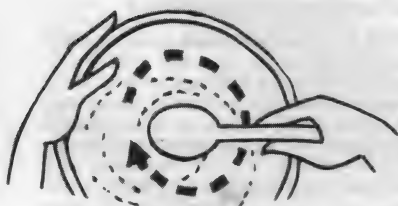
1 Sieve or mix flour, salt and spice [if any] together in a mixing bowl



2 Add fat to dry ingredients and divide into small pieces with a knife



3 Rub fat and flour between finger-tips until mixture resembles fine bread-crumbs, then stir in sugar, fruit, etc

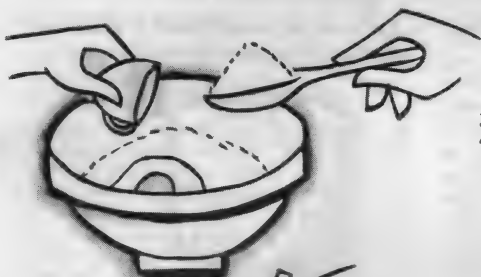


4 Make a well in the centre of the dry mixture and add beaten egg, any milk and water or syrup that may be included in the recipe
5 Stir, then beat well or mix as directed

Creaming [2]



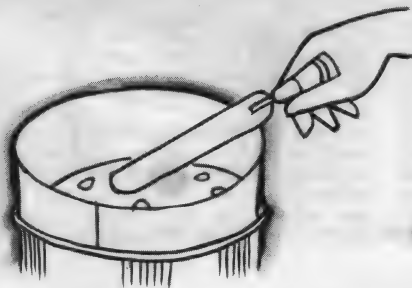
- 1 Cut up the fat [warmed, but not melted, in cold weather], beat until soft with a wooden spoon or spatula
- 2 Add the sugar and beat until the mixture is light in colour and fluffy in texture



- 3 Sieve the flour, salt and spice together
- 4 Add eggs one at a time with a little of the sieved flour, spice, etc. Stir, then beat thoroughly



- 5 Stir in milk [syrup if included] and a little flour. Beat again
- 6 Add fruit, flavouring, etc, and the rest of the sieved flour. Stir in thoroughly but do not beat

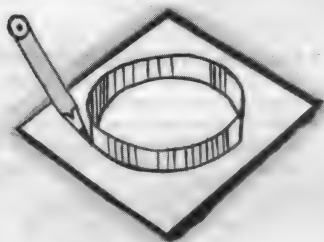


- 7 Put the mixture into the tin and smooth level with a palette or table knife
- 8 Bake as directed in the recipe, covering the cake with greaseproof paper when the top is sufficiently brown

LINING THE CAKE TIN

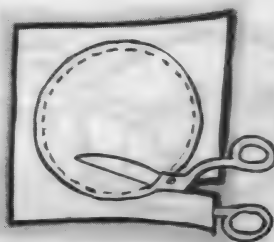
SANDWICH TIN

Place the tin on greaseproof paper and draw round it with a pencil.



CAKE TIN

Place the tin on greaseproof paper and draw round it with a pencil.

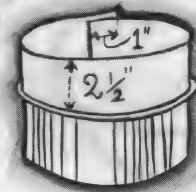
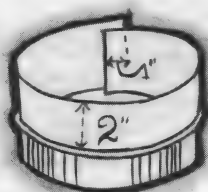


Cut just inside the pencil mark with scissors.

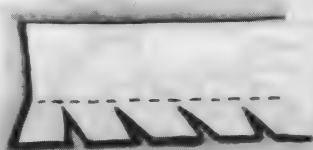
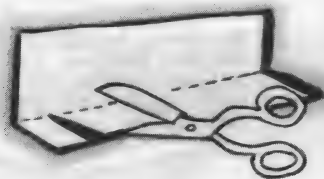
Cut a strip of paper long enough to go round the tin and over-lap about 1 inch.

For a sandwich tin the strip should be about 2 inches deeper than the tin.

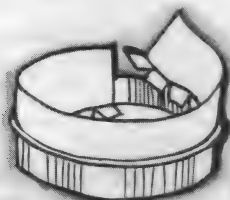
For a cake tin the strip should be about 2½ inches deeper than the tin.



Lay the strip flat on the table and turn up ½ inch and crease. Snip diagonally to the fold.



Brush inside the tin with melted lard or vegetable cooking fat, using a pastry brush. Insert strip so that the snipped part lies flat on the base.



Put the circle in place and lightly brush over the paper on the base and sides with fat.

Cakes, scones and biscuits



Quick Chelsea buns

FOUNDATION

$\frac{1}{2}$ lb McDougall's super-sifted self-raising flour
 $\frac{1}{2}$ teaspoonful salt 2 oz sugar
 3 oz butter or margarine
 just under $\frac{1}{2}$ pint milk

FOR THE FILLING

4 oz mixed fruit 1 oz sugar
 $\frac{1}{2}$ oz melted margarine
 $\frac{1}{2}$ teaspoonful mixed spice

Prepare the foundation ingredients by Method 1 [see page 16]. Mix to a light dough and roll out into an oblong $\frac{1}{4}$ inch thick. Brush with the melted margarine, sprinkle the fruit, sugar and spice on, then roll up. Cut off twelve even-sized pieces with a sharp knife and place cut side down on a greased baking sheet. Bake for 20 mins.
 380° fahr; regulo mark 5; middle shelf

Madelines

1 egg. Its weight [in shell] in McDougall's super-sifted self-raising flour, castor sugar, butter or margarine, pinch of salt

DECORATION

about 2 tablespoonfuls apricot or raspberry jam
 desiccated coconut cherries
 angelica

Grease 5-6 Castle Pudding tins and place on a baking sheet. Prepare by Method 2 [see page 17]. Half fill tins with the mixture. Bake for 20 mins.

380° fahr; regulo mark 5; middle shelf
 Allow Madelines to cool for 5 to 10 mins. before removing from tins on to a cake rack.

Finishing

When quite cold, trim off large rounded edges so that the cakes stand firmly. Sieve jam into a saucepan, warm gently, then brush over top and sides of Madelines, roll in coconut. Decorate with half cherries and 'leaves' of angelica.

Queen cakes

6 oz McDougall's super-sifted self-raising flour
 good pinch of salt 2 eggs
 4 oz butter or margarine
 4 oz castor sugar 4 oz currants
 2 tablespoonfuls milk

Prepare by Method 2 [see page 17]. Put into about 20 paper baking cases or greased Queen Cake tins on a baking tray. Bake for about 20 mins.

380° fahr; regulo mark 5; middle shelf

Almond cakes

3 oz McDougall's super-sifted self-raising flour
 pinch of salt 1 egg
 3 oz castor sugar 2 tablespoonfuls milk
 3 oz butter or margarine
 2 oz ground almonds
 grated rind of half a lemon
 a few blanched split almonds

Prepare by Method 2 [see page 17] stirring in the ground almonds and grated lemon rind with the remainder of the flour. Half fill about 15 paper baking cases with the mixture and place half an almond in the centre of each cake. Bake for 20 mins.

380° fahr; regulo mark 5; middle shelf

Coconut cakes

Coconut cake recipe $\frac{1}{2}$ quantity [see page 26]
 Prepare by Method 2 [see page 17] adding the coconut with the bulk of the flour. Half fill about 12 paper baking cases and bake for 15-20 mins.

380° fahr; regulo mark 5; middle shelf

Rock cakes

8 oz McDougall's super-sifted self-raising flour
 $\frac{1}{2}$ teaspoonful salt 3 oz sugar
 $\frac{1}{2}$ teaspoonful mixed spice 1 egg
 3 oz butter, margarine or vegetable cooking fat
 3 oz dried fruit or grated rind of 1 orange or lemon
 2-3 teaspoonfuls milk [depending on the size of the egg]

Prepare by Method 1 [see page 16]. Add sufficient liquid to bind to a stiff paste with a fork. Put on a greased baking sheet in rocky heaps and bake for about 15 mins.

400° fahr; regulo mark 6; middle shelf

NB: If the mixture is too soft, the cakes will spread and flatten.

Chocolate cakes

4 oz McDougall's super-sifted self-raising flour
1 oz sweetened drinking chocolate
1 level teaspoonful cocoa
 $\frac{1}{4}$ level teaspoonful salt
2 oz butter or margarine
2 oz sugar 1 egg
3 tablespoonfuls milk
3 drops vanilla essence

Prepare by Method 1 [see page 16].
Put the mixture into about 12 paper baking cases. Bake 15–20 mins.
380° fahr; regulo mark 5; middle shelf

Mushrooms

Prepare chocolate cakes [see above], cool, cut out centres with an apple corer. Fill the centre of each cake with vanilla cream [see page 30] and replace 'stalks'. Dust with icing sugar.

Butterflies

Prepare chocolate cakes [see above]. Cool, cut off the tops; cut these in half, put a teaspoonful of vanilla cream in the centre, replace the halves, rounded edges outwards, to resemble wings. Dust with icing sugar.

Christmas pudding cakes

3 oz McDougall's super-sifted self-raising flour
pinch of salt 1 egg
2 oz butter or margarine
2 oz castor sugar
 $1\frac{1}{2}$ oz block chocolate [plain]
1 dessertspoonful milk
few drops of vanilla essence

Cut up chocolate and melt in a small saucepan in the milk, cool. Prepare the mixture by the creaming method [see page 17], adding the chocolate and vanilla essence with the last egg. Half fill 9 well-greased deep bun tins with the mixture and bake for 15–20 mins.

380° fahr; regulo mark 5; middle shelf

To finish the cakes

Yellow glacé icing [see page 29] $\frac{1}{2}$ quantity, almond paste for holly leaves and berries; using 1 oz ground almonds, $\frac{1}{2}$ oz castor and $\frac{1}{2}$ oz icing sugar and 1 teaspoonful beaten egg, tint $\frac{2}{3}$ green for the leaves and $\frac{1}{3}$ red for the berries, or use sprigs of artificial holly. When the cakes are cold, they are iced on the rounded side. Put a small spoonful of icing on the top of each cake, allowing it to run down the sides to represent custard. Put a small sprig of holly on top of each little 'Christmas Pudding'.

Fairy fruit cakes

4 oz McDougall's super-sifted self-raising flour
3 oz butter or margarine
3 oz castor sugar 1 egg
2 tablespoonfuls milk 2 oz currants
1 oz chopped cherries or mixed peel
Grated rind of $\frac{1}{2}$ orange or $\frac{1}{2}$ teaspoonful mixed spice

Prepare mixture by the Creaming Method [see page 17]. Put the mixture into about 14 paper baking cases. Bake for 20 mins.
380° fahr; regulo mark 5; middle shelf

Iced cherry cakes

6 oz McDougall's super-sifted self-raising flour
pinch of salt 4 oz castor sugar
4 oz butter or margarine
2 eggs 2 tablespoonfuls milk
4 oz glacé cherries

Chop the cherries fairly small and roll in a spoonful of the weighed flour. Prepare the mixture by the Creaming Method [see page 17] adding the cherries with the flour. Divide the mixture evenly between 18 paper cases, smooth level and bake for 20 mins.
380° fahr; regulo mark 5; middle shelf

Glacé icing

10 oz sieved icing sugar
good squeeze of lemon juice
 $2\frac{1}{2}$ –3 tablespoonfuls warm water
9 glacé cherries

Make glacé icing [see page 29]. Using a teaspoon, coat the tops of the cakes and decorate with halved glacé cherries.

Jumbles

2 oz McDougall's super-sifted self-raising flour
pinch of salt
 $1\frac{1}{2}$ oz butter or margarine
2 oz castor sugar
1 dessertspoonful beaten egg

Sieve flour, salt and sugar; rub in the fat. Bind together with the egg. Place mixture on a lightly floured board, knead till smooth and free from cracks. Roll out between hands and board to form a long sausage shape, approximately 1 inch in diameter. Divide evenly into twenty pieces. Roll out each piece between the fingers and floured board to a thin roll approximately $\frac{1}{2}$ inch in diameter and 3 inches long. Place well apart in an 'S' shape on greased baking sheets. Bake until golden brown for about 12–15 mins.

330° fahr; regulo mark 3; middle shelf

Iced pineapple cakes

2 oz McDougall's super-sifted self-raising flour
pinch of salt
2 oz butter or margarine
2 oz castor sugar 1 egg
3 oz drained canned pineapple

Prepare the mixture by the Creaming Method [see page 17] adding the coarsely chopped pineapple with the flour. Divide the mixture evenly between 10 baking cases or tins, smooth level and bake for 15-20 mins. Allow to cool.

380° fahr; regulo mark 5; middle shelf

To finish the cakes

ICING

4 oz sieved icing sugar
about 1 small tablespoonful pineapple juice
from the can
few drops yellow colouring
squeeze of lemon juice

DECORATION

Small triangles of pineapple
small angelica 'leaves' if liked

Put the sugar in a small saucepan, add colouring, a squeeze of lemon and a little pineapple juice, stir, then beat until smooth. Warm gently for a minute, The icing must coat the back of the spoon thickly. Using a teaspoon, coat the top of each cake with icing and put the decoration in position. Leave to set.

Ginger snaps

4 oz McDougall's super-sifted self-raising flour
½ oz ground ginger 4 oz margarine
juice of half lemon 4 oz golden syrup
4 oz sugar

Put the margarine, sugar, lemon juice and syrup into a saucepan and melt them slowly. Sieve flour and ginger together and add to the ingredients in the pan. Warm gently but do not cook. Remove from the heat and put teaspoonfuls of the mixture, 3 inches apart, on to well-greased baking tins. [About five will go on an ordinary baking tin.] Cook about 10-12 mins, until they are nicely browned. Leave for a moment before removing them from the tin, then quickly take them off, turn them over, and loosely roll them round the handle of a wooden spoon. This process must be done rather quickly as they soon begin to crisp. Refill the tin with more mixture and proceed as directed. 330° fahr; regulo mark 3; middle shelf

Shortbread [1]

8 oz McDougall's super-sifted self-raising flour
4 oz butter
¼ teaspoonful salt 2 oz castor sugar

Grease a shallow tin 10×7 inches or an 8-inch sandwich tin. Soften the butter in a mixing bowl. Sieve in the flour and salt, add the sugar. Rub the butter into the dry ingredients, continue rubbing in, press and knead until a pliable paste is formed. Press the mixture evenly into the tin, using a flat-bladed knife to smooth the surface. Prick well with a fork. Bake for 30-35 mins. 330° fahr; regulo mark 3; middle shelf

Shortbread [2]

6 oz McDougall's super-sifted plain flour
pinch of salt 2 oz castor sugar
4 oz butter

Sieve or mix the flour and salt, rub in the butter and stir in the sugar. Work the mixture into a dough which is soft and pliable without being oily and crumbly; no extra liquid should be used. Divide into 2, roll each half out into a 6-inch round, ½ inch thick. Place side by side on an ungreased, upturned baking tray. Pinch and flute the edges and prick all over with a fork. Bake for 45 mins.

330° fahr; regulo mark 3; middle shelf

Leave in the tin and when almost cold cut into pieces, cool on a cake rack and store in an airtight tin.

Coffee kisses

6 oz McDougall's super-sifted self-raising flour
pinch of salt
2 oz castor sugar 1 egg yolk
3 oz butter or margarine
1 teaspoonful coffee essence

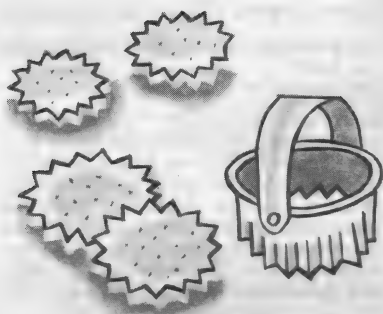
Coffee butter icing [see page 29], using half quantities, i.e. 2 oz butter or margarine, etc.

Sieve or mix the flour and salt, rub in the fat, stir in the sugar. Mix to a stiff paste with the egg yolk and coffee essence mixed together, a little water may be added if required. Bind well with the hand. Divide the mixture into 24, roll each piece in a ball and place a little apart on a greased baking sheet. Bake for about 15 mins.

380° fahr; regulo mark 5; middle shelf

Finishing

Cool on a cake rack. When cold put two together with Coffee butter icing. Dust with icing sugar.



Shrewsbury biscuits

8 oz McDougall's super-sifted self-raising flour
good pinch of salt
4 oz butter or margarine
4 oz sugar 1 egg yolk or $\frac{1}{2}$ egg
a little grated lemon rind

Sieve or mix flour and salt. Cream the fat, add the sugar and beat together until light in colour and fluffy in texture. Add the egg yolk with a tablespoonful of the sieved flour, stir, then beat thoroughly. Add the remainder of the flour and grated lemon rind, stir in thoroughly but do not beat. Roll out on a floured board to about $\frac{1}{8}$ inch in thickness. Cut into rounds, place on greased baking sheets and bake for 15–20 mins.

310° fahr ; regulo mark 2 ; middle shelf

Viennese rosettes

$\frac{1}{2}$ lb McDougall's super-sifted self-raising flour
pinch of salt
 $\frac{1}{2}$ lb margarine 3 oz sieved icing sugar
jam and icing sugar for decorating

Beat the icing sugar and margarine to a very soft batter, and then lightly stir in the sieved flour and salt. The mixture should be very soft. Put into a forcing bag with a large rose tube in the end and pipe large rosettes into about 16 paper baking cases. Bake for approximately 20 mins.

360° fahr ; regulo mark 4 ; middle shelf

When cooked, cool, dust lightly with icing sugar and put a small bead of jam in the middle.

Austrian crescents

4 oz McDougall's super-sifted plain flour
2 oz butter 1 egg yolk
 $1\frac{1}{2}$ oz sugar
1 teaspoonful lemon juice

Sieve or mix flour and salt, rub in fat, add sugar, knead to a smooth dough with yolk and lemon juice. Divide into 24, roll each piece in the hand and shape into a crescent. Bake on a greased baking sheet for 12–15 mins. Dredge with icing sugar immediately on removal from the oven.

330° fahr ; regulo mark 3 ; middle shelf

Scones

$\frac{1}{2}$ lb McDougall's super-sifted self-raising flour
 $\frac{1}{4}$ teaspoonful salt
 $1\frac{1}{2}$ oz butter or margarine
1 tablespoonful sugar [optional]
2 oz fruit [optional] $\frac{1}{4}$ pint milk

Prepare the mixture by Method 1 [see page 16] and mix to a light dough with a fork. Turn on to a floured board, knead lightly until smooth, turn over and roll out until the dough is just under $\frac{1}{2}$ inch thick. Cut into rounds and place on a greased baking sheet. Press the trimmings together with the fingers, and repeat the rolling and cutting. Bake for 12–15 mins.

425° fahr ; regulo mark 7 ;
second shelf from the top

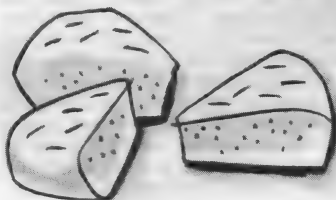
Girdle scones

Ingredients as for Scones [above]

TO TEST THE HEAT OF THE GIRDLE

Sprinkle a little dry flour on it. It should become golden brown in a minute or so. If it turns very dark quickly, it is too hot. If the girdle is heated over gas, a thin asbestos sheet over the flame will spread the heat more evenly. The hot-plates of an electric stove make a good substitute for a girdle. [A thick iron frying-pan may also be used but does not give such good results.]

Prepare the mixture by Method 1 [see page 16], divide dough in half. Roll each portion into a 5-inch round and cut into 6 or 8 triangles. Cook on a floured girdle or electric hot-plate for about 4 mins. each side. Turn the scones on to each edge in turn, cooking for about 2 mins.



Cheese scones

$\frac{1}{2}$ lb McDougall's super-sifted self-raising flour
 $\frac{1}{4}$ teaspoonful salt
 $\frac{1}{8}$ teaspoonful pepper $\frac{1}{4}$ pint of milk
 $1\frac{1}{2}$ oz butter or margarine
2 oz grated dry cheese

Sieve the flour, salt and pepper. Rub in the fat, stir in the cheese. Add the milk and mix to a soft, but not sticky dough, using a fork. Turn on to a floured board, knead lightly until smooth, turn over and roll out the dough just under $\frac{1}{2}$ inch in thickness. Cut into rounds and place on a greased baking sheet. Press the trimmings together with the fingers, repeat the rolling and cutting. Bake for 15 mins.

400° fahr; regulo mark 6;
second shelf from the top

Treacle scones

$\frac{1}{2}$ lb McDougall's super-sifted self-raising flour
pinch of salt
1 oz butter or margarine
1 oz brown sugar just under $\frac{1}{4}$ pint milk
1 tablespoonful warmed black treacle

Put the tin of treacle in a warm place to soften. Sieve or mix the flour and salt, rub in the fat, stir in the sugar. Add one tablespoonful of the warmed treacle and the milk and bind to a soft dough using a fork. Knead lightly on a floured board until smooth. Turn over and roll out just under $\frac{1}{2}$ inch in thickness. Cut into rounds and place on a greased baking sheet. Press trimmings together with the fingers and repeat the rolling and cutting. Bake for 15 mins.

400° fahr; regulo mark 6;
second shelf from the top

Drop scones

8 oz McDougall's super-sifted self-raising flour
pinch of salt
2 oz castor sugar 2 eggs
1 tablespoonful golden syrup
1 oz butter or margarine [melted]
just over $\frac{1}{4}$ pint milk

Sieve the flour, salt and sugar into a mixing bowl. Make a well in the centre and add the syrup, beaten egg and the milk. Stir with a wooden spoon then beat to a smooth thick batter. Stir in the melted butter. Have ready a hot girdle or electric hot-plate greased with lard or vegetable cooking fat. Drop dessertspoonfuls of the mixture on to the girdle. When the surface of the scone bubbles turn over with a palette knife and brown on the underside. Place in the folds of a clean tea cloth until cold.

Some general hints and suggestions before you begin to make cakes

If you use a larger cake tin than the recipe states, reduce the baking time. And *vice versa*, of course.

Cleaning fruit

The best way is to wash it thoroughly in a colander under the cold tap. Drain, then spread on a baking sheet. Remove the stalks etc., and leave to dry in a warm place.

How to tell if the cake is cooked

Do not remove the cake from the oven until you are sure. If it has shrunk slightly from the sides of the tin and the centre feels firm when lightly pressed with the fingers – it is done, and safe to take out!

Important

When making a large cake, leave it in the tin on a cooling tray until partly cold before turning it out.

Gingerbread

$\frac{1}{2}$ lb McDougall's super-sifted self-raising flour
pinch of salt
2 teaspoonfuls ground ginger
 $\frac{1}{2}$ lb golden syrup or black treacle
3 oz butter or margarine
2 oz demerara sugar
 $\frac{1}{8}$ pint of milk [about] 1 egg

Sieve the flour, ground ginger and salt into a basin. Melt the fat in a saucepan with the syrup or treacle and sugar, but do not let it get too hot. Beat the egg and add it to the milk, then stir all the ingredients together. Put the mixture into a greased tin and bake for 45 mins. Size of tin $9\frac{1}{2} \times 7\frac{1}{2}$ inches across the top, $7\frac{1}{2} \times 5\frac{1}{2}$ inches across the base.

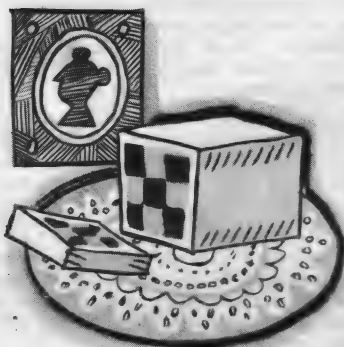
330° fahr; regulo mark 3;
fairly low in the oven

Parkin

$\frac{1}{4}$ lb McDougall's super-sifted self-raising flour
 $1\frac{1}{2}$ –2 teaspoonfuls ground ginger
 $\frac{1}{2}$ lb medium oatmeal $\frac{1}{4}$ lb brown sugar
2 oz butter or margarine
 $\frac{1}{2}$ lb golden syrup or treacle [warmed]
1 egg
little milk [about 2 or 3 tablespoonfuls]

Grease a 9×7 -inch Yorkshire Pudding tin. Sieve the flour and ginger into a basin, add the oatmeal, and rub in the butter, add the sugar and mix thoroughly. Mix all to a soft paste with the treacle and egg, using a little milk if necessary. Put into the prepared tin and bake for one hour.

330° fahr; regulo mark 3;
fairly low in the oven



Battenburg cake

*Cake mixture [see Victoria sandwich, page 26]
Cochineal or 1 dessertspoonful cocoa and 1
teaspoonful milk warm jam
Almond paste [$\frac{1}{2}$ quantity of recipe on page
28] or Economical almond paste [see page 29]*

Line an oblong tin measuring 9 x 6 inches and divide it in half down the centre with a three-fold piece of strong white paper. Prepare the cake mixture, and put half into one half of the tin. Tint the other half pink or stir in cocoa and one teaspoonful milk, and put into the second half of the tin. Spread each quite even and smooth. Bake for 25 mins.

380° fahr; regulo mark 5; middle shelf

To finish the cake

Remove from tin when cold [preferably next day.] Trim so that all sides are flat, cut each piece into three lengthways. Roll out almond paste on sugared greaseproof paper into an oblong large enough to wrap around the cake. [Use string to measure round cake and check size of almond paste.] Brush centre third of paste with jam, place one strip of cake to one side of centre. Brush side of cake with jam and press a second coloured piece beside the first. Continue to arrange in alternate colours, brushing with jam between pieces. Brush remaining jam on top and sides. Place hands under paper, press paste against cake from the bottom upwards, then across the top. Neaten the join and turn cake over, peeling off the paper with the join underneath. Mark with the back of a knife across the cake diagonally, repeat in the opposite direction. Pinch edges into flutes. Trim off ends just before serving.

Date and walnut cake

$\frac{3}{4}$ lb McDougall's super-sifted self-raising flour
2 eggs
 $\frac{1}{4}$ teaspoonful salt 4 oz castor sugar
2 tablespoonfuls warmed syrup
 $\frac{1}{2}$ teaspoonful mixed spice
6 oz chopped dates
1 $\frac{1}{2}$ oz chopped walnuts
 $\frac{1}{4}$ pint milk and water, mixed
4 oz butter or margarine
Prepare by Method 2 [see page 17]. Bake in a lined 8-inch cake tin for 1 $\frac{1}{4}$ hours.
360° fahr; regulo mark 4; middle shelf

Cherry cake

7 oz McDougall's super-sifted self-raising flour
pinch of salt
4 oz margarine 1 oz ground almonds
4 oz castor sugar 3 eggs
6 oz glacé cherries [washed and dried]

Cut up the cherries into 4 and toss in a little of the weighed flour. Prepare the mixture by the Creaming Method [see page 17], adding the cherries and ground almonds with the remainder of the flour at the end. Bake in a lined 6-inch round cake tin for 1 $\frac{1}{4}$ hours.
360° fahr; regulo mark 4; middle shelf

Cherry almond cake

8 oz McDougall's super-sifted plain flour
 $\frac{1}{2}$ teaspoonful salt 8 oz castor sugar
4 oz ground almonds 3 eggs
8 oz butter or margarine
few drops almond essence
4 oz cherries [cut into 6]

Grease an 8 inch square cake tin and line with greaseproof paper, brush lightly with melted lard or vegetable cooking fat. Prepare by the Creaming Method [see page 17], creaming the fat and sugar together very thoroughly. Put the mixture into the prepared tin and bake for 2 hours.
330° fahr; regulo mark 3; middle shelf

Almond cake

6 oz McDougall's super-sifted self-raising flour
pinch of salt
6 oz butter or margarine
6 oz castor sugar grated rind of a lemon
4 oz ground almonds 4 eggs

Prepare by Method 2 [see page 17]. Bake in a lined 7-inch cake tin for about 1 hr 20 mins.
360° fahr; regulo mark 4; middle shelf

Cut and come again cake

8 oz McDougall's super-sifted self-raising flour
 $\frac{1}{4}$ teaspoonful salt
 1 teaspoonful mixed spice
 4 oz butter or margarine
 4 oz sugar
 9 oz mixed dried fruit 1 egg
 1 teaspoonful grated orange or lemon rind
 $\frac{3}{4}$ gill milk and water mixed [1 gill = $\frac{1}{4}$ pint]

Prepare by Method 1 [see page 16]. Bake in a lined 6-inch tin for 1 hr 20 mins. The cake may also be baked in a lined 2 lb loaf tin for 1 $\frac{1}{4}$ hrs.

360° fahr; regulo mark 4; middle shelf

Rich dark cake

$\frac{3}{4}$ lb McDougall's super-sifted self-raising flour
 $\frac{1}{4}$ teaspoonful salt
 $\frac{1}{4}$ teaspoonful grated nutmeg
 8 oz butter 18 $\frac{3}{4}$ lb mixed dried fruit
 6 oz dark or granulated sugar
 3 eggs 6 tablespoonfuls milk
 1 tablespoonful warmed syrup
 1 teaspoonful gravy browning
 grated rind of an orange [optional]

Prepare by Method 2 [see page 17]. Bake in a lined 8-inch cake tin in the centre of the oven for 3 hrs or 9-inch tin for 2 $\frac{3}{4}$ hrs.

8-INCH TIN

360° fahr for 1 hr then 290° fahr for 2 hrs;
 regulo mark 4 for 1 hr then regulo mark 1 for 2 hrs.

9-INCH TIN

360° fahr for 1 hr then 290° fahr for 1 $\frac{1}{4}$ hrs;
 regulo mark 4 for 1 hr then regulo mark 1 for 1 $\frac{1}{4}$ hrs

Rich Christmas cake

10 oz McDougall's super-sifted self-raising flour
 $\frac{1}{4}$ teaspoonful salt $\frac{1}{2}$ teaspoonful mixed spice
 6 oz butter
 6 oz brown or granulated sugar
 1 $\frac{1}{4}$ lb mixed dried fruit
 3 eggs 2 tablespoonfuls milk
 1 tablespoonful warmed syrup
 1 tablespoonful brandy [optional]
 grated rind of an orange [optional]

Prepare by Method 2 [see page 17]. Bake in a lined 8-inch cake tin in the centre of the oven for 3 hrs.

360° fahr for 1 hr then 290° fahr for 2 hrs;
 regulo mark 4 for 1 hr then regulo mark 1 for 2 hrs

Dundee cake

8 oz McDougall's super-sifted self-raising flour
 or 4 oz McDougall's super-sifted plain and
 4 oz McDougall's super-sifted self-raising flour
 $\frac{1}{4}$ teaspoonful salt
 $\frac{1}{4}$ teaspoonful mixed spice
 6 oz butter or margarine
 6 oz granulated or soft brown sugar
 3 eggs 1 tablespoonful milk
 15 oz mixed dried fruit
 2 oz blanched split almonds for the top

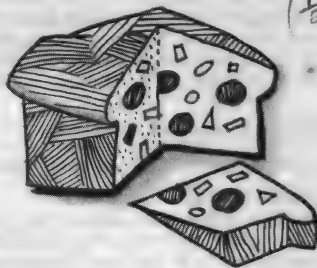
Prepare by the Creaming Method [see page 17]. Place almonds on the top. Bake in a lined 7-inch cake tin for 2 $\frac{1}{4}$ hrs on the middle shelf.
 360° fahr for 1 hr then 310° fahr for 1 $\frac{1}{4}$ hrs;
 regulo mark 4 for 1 hr then regulo mark 2 for 1 $\frac{1}{4}$ hrs

Fruit cake

8 oz McDougall's super-sifted self-raising flour
 $\frac{1}{4}$ teaspoonful salt
 4 oz butter or margarine
 4 oz castor sugar
 grated orange and lemon rind
 9 oz mixed dried fruit
 2 eggs
 $\frac{1}{2}$ gill milk [1 gill = $\frac{1}{4}$ pint]

Prepare by Method 2 [see page 17]. Bake in a lined 6-inch cake tin for 1 $\frac{1}{2}$ hrs or a lined 7-inch tin for 1 $\frac{1}{4}$ hrs.

360° fahr; regulo mark 4; middle shelf



Coffee walnut cake

8 oz McDougall's super-sifted self-raising flour
 $\frac{1}{4}$ teaspoonful salt
 6 oz butter or margarine
 6 oz castor sugar 2 oz chopped walnuts
 3 eggs 1 tablespoonful milk
 1 tablespoonful coffee essence

Prepare by Method 2 [see page 17], adding the walnuts with the bulk of the flour. Bake in a lined 7-inch cake tin for 1 hr 10 mins.

360° fahr; regulo mark 4; middle shelf

Madeira cake

8 oz McDougall's super-sifted self-raising flour
 $\frac{1}{2}$ teaspoonful salt
4 oz butter or margarine
5 oz castor sugar
2 eggs 2 tablespoonfuls milk
a few drops vanilla essence or a little grated
lemon rind
thin strip of citron peel

Prepare by Method 2 [see page 17]. Lay the peel on the top. Bake in a lined 6-inch cake tin for 1 hr.

360° fahr; regulo mark 4; middle shelf

Victoria sandwich

2 eggs, their weight [in shells] in McDougall's super-sifted self-raising flour, butter or margarine and castor sugar
3 or 4 drops of vanilla essence or grated rind of $\frac{1}{2}$ lemon pinch of salt

Prepare by Method 2 [see page 17], bake in a lined 8-inch sandwich tin for 30 mins or use two lined 7-inch tins and bake for 20–25 mins.

380° fahr; regulo mark 5; middle shelf

When cold, cut in half, spread with jam, sandwich together and dust the top with icing sugar.

Chocolate sandwich

Prepare as for Victoria sandwich and add 3 oz plain chocolate and 2 tablespoonfuls milk. Dissolve the chocolate in the milk over gentle heat and stir to a smooth cream. Add this to the mixture after the last egg. When cold, cut in half and spread with chocolate butter icing [see page 30 – half quantity].

Mushroom cake

Prepare as for chocolate sandwich [above].

To finish the cake

When the cake is cold, remove the centre with a round 1-inch cutter or apple corer. Cover the top with chocolate butter cream [see page 30]. Smooth, then mark grooves with a fork to resemble a mushroom, place the 'stalk' in the centre. A pleasing effect is achieved if the bottom and sides of the cake are covered with almond paste [$\frac{1}{3}$ quantity of recipe on page 28, i.e. 4 oz ground almonds, etc] before finishing the top.

Walnut sandwich

Prepare as for Victoria sandwich, adding 2 oz coarsely chopped walnuts with the bulk of the flour.

Orange sandwich

Prepare as for Victoria sandwich, but omit vanilla essence or lemon rind and add grated rind of half an orange, plus a small tablespoonful of orange juice, after adding last egg. When cold, cut in half, spread with orange and honey cream [see page 30] and ice with orange glacé icing.

Chocolate cake

8 oz McDougall's super-sifted self-raising flour
 $\frac{1}{2}$ teaspoonful salt 5 oz plain chocolate
5 oz butter 3 eggs
5 oz castor sugar 1 tablespoonful milk

Shred chocolate with a knife, melt in a basin standing in hot water. Prepare by Method 2 [see page 17]. Add chocolate and milk after last egg has been added. Bake in a lined 7-inch cake tin for 1 hr 10 mins.

360° fahr; regulo mark 4; middle shelf

Coconut cake

6 oz McDougall's super-sifted self-raising flour
pinch of salt
4 oz butter or margarine
4 oz castor sugar
1 $\frac{1}{2}$ oz desiccated coconut
2 eggs 2 tablespoonfuls milk

Prepare by Method 2 [see page 17], adding the coconut with the bulk of the flour. Bake in a lined 6-inch cake tin for 1 hr 10 mins.

360° fahr; regulo mark 4; middle shelf

Coconut sandwich

Prepare the mixture as above. Divide evenly between two lined 7-inch sandwich tins. Bake for 25 mins. Cool, sandwich together with jam, dust with icing sugar.

380° fahr; regulo mark 5; middle shelf

Bishop's cake

8 oz McDougall's super-sifted plain flour
pinch of salt
8 oz butter or margarine 3 eggs
8 oz castor sugar 2 oz nuts
4 oz candied peel 4 oz glacé cherries
2 oz angelica 2 oz ground almonds

Grease and line a loaf tin, base measurement 8 $\frac{1}{2}$ × 3 $\frac{1}{2}$ inches. Cut up the fruit and nuts. Prepare by the Creaming method [see page 17], creaming the fat and sugar together very thoroughly. Put the mixture into the prepared tin and bake for 2 $\frac{1}{2}$ –2 $\frac{3}{4}$ hrs.

330° fahr; regulo mark 3; middle shelf

Sponge cakes

PREPARING THE TINS

This is done in a special way to give the finished sponge the characteristic soft, slightly sugary outside.

SANDWICH TINS

Grease the tins evenly by brushing with melted vegetable cooking fat or lard. Next dust all over with a mixture of McDougall's super-sifted flour and castor sugar sieved well together [a dessertspoonful is usually enough for a sandwich tin].

SWISS ROLL TIN

Cut a piece of greaseproof paper 2 inches larger all round than the tin. Crease it to the size, snip into the corners so that it sets neatly in the greased tin. Finally brush the paper with melted vegetable cooking fat or lard.

METHOD OF MAKING A WHISKED SPONGE

Have ready a large saucepan containing 2 or 3 inches of boiling water and a mixing bowl which fits over the pan without touching the water.

Break the eggs into the bowl, add the sugar and whisk together over the boiling water until the mixture thickens and is lukewarm. Care must be taken to avoid overheating the mixture.

Remove the bowl and whisk until the mixture is very thick and ropy. Add the sieved flour and salt and, using a metal spoon, lightly cut and fold the flour into the mixture. This should be done thoroughly but lightly so that the air is not expelled.

Swiss roll [1]

2 oz McDougall's super-sifted self-raising flour
pinch of salt
2 eggs
2½ oz castor sugar 3 tablespoonfuls jam

Prepare the mixture as above and spread over the prepared tin [12×8×½ inches]. Bake for 7–10 mins.
400° fahr; regulo mark 6; middle shelf

* Turn out top downwards on to a sheet of paper thickly dusted with castor sugar. Have the jam ready warmed in a small saucepan and spread it quickly over the cake. Then cut off the edges all the way round, place both hands behind the sugared paper and roll up the cake at once.*

Swiss roll [2]

4 oz McDougall's super-sifted self-raising flour
pinch of salt
3 oz butter or margarine
3 oz castor sugar flavouring
2 eggs warm jam

Line a Swiss roll tin measuring 9×13 inches with greased paper. Prepare by Method 2 [see page 17]. Spread the mixture evenly in the tin. Bake for 10 mins.

425° fahr; regulo mark 7;
third shelf from the top

To finish the roll

See * to * for Swiss roll [1] opposite.

NB: When using a tin 8×12 inches, half fill 3 paper baking cases with cake mixture and put the remainder into the lined tin. Bake for 10 mins.

425° fahr; regulo mark 7;
third shelf from the top

Chocolate log

3oz McDougall's super-sifted self-raising flour
pinch of salt
1 teaspoonful cocoa
1 oz sweetened drinking chocolate
3 oz butter or margarine
3 oz castor sugar 2 eggs
Chocolate butter icing [see page 30]

Prepare and bake as for Swiss roll [2]. Roll up with greaseproof paper inside. When the roll is cold, unroll carefully and spread with half of the butter icing. Re-roll lightly. Spread the rest of the icing over the Swiss roll, mark with a fork to resemble the bark of a tree, dust with icing sugar, and place a robin on the top.

Genoese sponge

3 oz McDougall's super-sifted self-raising flour
pinch of salt
3 eggs 4 oz castor sugar
3 oz melted butter or margarine

Prepare as for whisked sponge [see opposite], adding the melted fat and then the sieved flour. Pour into a lined tin measuring 7×10 inches and 1 inch deep and bake for 25 mins.
380° fahr; regulo mark 5; middle shelf
When cold, cut into fancy shapes or fingers, ice and decorate to taste.

Mocha cake

4 oz McDougall's super-sifted self-raising flour
pinch of salt

3 eggs 4 oz castor sugar
2 oz melted butter or margarine

Prepare as for whisked sponge [see page 27], adding the melted fat, then the sieved flour. Put the mixture into a lined 6-inch [round or square] cake tin and bake for 40 mins. 360° fahr; regulo mark 4; middle shelf

To finish the cake

Coffee butter icing [see page 29]

Coffee glacé icing [see page 29] $\frac{1}{2}$ quantity
chopped, browned almonds

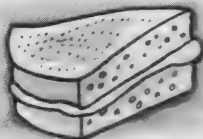
When cold, cut the cake in half and spread with butter icing. Sandwich together and spread the remainder of the icing on the sides. Press the chopped almonds on the icing. Cover the top with a little coffee glacé icing, but do not allow this to run down the sides. The butter icing should form a little ridge to prevent this.

Sponge cake

3 oz McDougall's super-sifted self-raising flour
pinch of salt

2 eggs 3 oz castor sugar

Prepare an 8-inch sandwich tin according to the instructions on page 27 and make the sponge as directed. Bake for 20 mins. 360° fahr; regulo mark 4; middle shelf



Icing a cake using almond paste and royal icing

Almond paste or marzipan [for an 8-inch to 9-inch cake]

6 oz castor sugar $\frac{3}{4}$ lb ground almonds
1 egg or 3 yolks juice of $\frac{1}{2}$ a lemon
1 teaspoonful vanilla essence
6 oz sieved icing sugar

Mix ground almonds and sugars. Beat the egg and add the flavourings, pour on to the dry ingredients. Mix to a pliable but not sticky paste with a fork. If necessary add more lemon juice or icing sugar to bring to the correct consistency.

To apply almond paste to the cake

- 1 Have the cake as flat as possible.
- 2 Roll out just under half the paste on sugared greaseproof paper to approximately the same size as the top, brush with beaten egg or smooth jam boiled until thick. Place the cake on this, straighten the edges with a table knife.
- 3 Roll out the rest of the paste into a strip the same depth as the cake and long enough to go round it; cut the edges straight, brush with egg or jam, roll the cake along the strip. Neaten and see the cake is straight.

Leave 5-7 days to become firm.

Royal icing

Approximately $1\frac{1}{2}$ lb icing sugar

*2-3 drops lemon juice OR $1\frac{1}{2}$ teaspoonfuls
glycerine whites of 4 eggs

Sift the icing sugar through a fine sieve. Break up egg whites in a mixing bowl using a fork, do not beat them. Add the sugar gradually, beating well between each addition, until the icing is a fairly thick cream. * Add the lemon juice OR glycerine. [Lemon juice hardens the icing, glycerine prevents it from becoming unduly hard if the cake is to be kept for any length of time.] Continue beating until the icing is white, smooth and feels 'velvety' and is the consistency of thick cream. Vigorous beating is important. If the icing is left to stand in between the beatings, or at any time during use, cover it with a damp cloth to prevent a 'crust' forming on the top.

To apply the Royal icing

Put a little icing in the centre of a cake board [this should be 2 inches larger in diameter than the cake]. Place the cake over the icing on the board. Spread the top of the cake smoothly with icing using a table knife. Draw a metal or clean wood ruler over the top quickly and evenly. Remove surplus icing from the edge. Put the cake on a revolving icing table if possible or on an upturned cake tin. Spread the sides evenly with icing. Hold a stiff knife, ruler or plastic scraper against the sides and revolve the table. Finish off with a quick movement towards you. Repeat if necessary until the icing is smooth. Hold a knife against the top edge of the cake and 'shave' off the icing to make a groove for the piping. Allow to dry and if necessary apply a second coat. Leave the surplus icing in a small basin covered with a damp cloth.

Piping and decorating the cake

If this is your first attempt or a new design, practise on a clean surface first before starting on the cake itself. The icing can be scraped off before it hardens and used again. Start from the centre of the top and work outwards. When using the writing pipe the icing should remain in soft points when pulled out with a spoon. If necessary, add a little more sieved icing sugar to the icing left from covering the cake. For use with a star pipe the icing should be stiff enough to be pulled up into points which hold their shape – otherwise the stars will flatten. Icing should never be so stiff that icing is hard work. Always keep the tip of the pipe free from icing until the piping is started. Hold the pipe close to, but not touching the surface of the cake and exert even pressure. Stop pressing before lifting the pipe.

How to make a greaseproof paper icing bag

From a square of clean greaseproof paper [about 10 inches] cut 2 triangles. The size of the square may vary according to the amount of icing needed for a particular design, but avoid too large a bag as it is difficult to hold and manipulate for fine work.

Take one triangle and fold A over to C, as shown. Wrap B round to C and A and fold in the ends. Cut about $\frac{1}{2}$ inch off the point and insert a forcing pipe from inside. Forcing pipes are about $1\frac{1}{4}$ inches long and only half of the length should come through the bag. Repeat with the second triangle.

To fill the bag:

Holding the shortest side towards you, put in enough icing with a teaspoon to half fill the bag [avoid over-filling as the icing will squeeze out in use]. Fold in the front over the icing, then fold in the two sides and close the bag by folding over the pointed tip from the back.

Economical almond paste

4 oz semolina 2 tablespoonfuls water
2 oz margarine 4 oz granulated sugar
 $1\frac{1}{2}$ teaspoonfuls almond essence

Melt margarine in the water in a saucepan, add semolina, stir over gentle heat for 1 min. Stir in sugar over gentle heat, remove saucepan from the heat, stir in the essence. Cool until stiff enough to roll out. The amount of paste made from this recipe is equivalent to 6 oz ground almonds, etc, see page 28.

Water or glacé icing

Colouring 8 oz sieved icing sugar
2–2½ tablespoonfuls warm water
good squeeze of lemon juice

Put the sugar into a saucepan, add lemon juice. Add water cautiously and mix to a coating consistency. Colour to taste. Beat well, stir over gentle heat for one minute.

Chocolate glacé icing

4 oz plain chocolate 6 oz sieved icing sugar
small knob of butter
2–2½ tablespoonfuls warm water

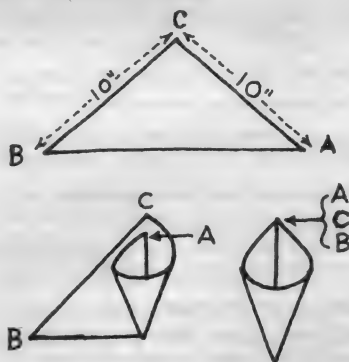
Cut the chocolate into small pieces with a knife, put it and the fat into a saucepan with $1\frac{1}{2}$ tablespoonfuls of the warm water. Stir over gentle heat to a smooth cream. Cool until lukewarm, add the sugar by degrees, beating thoroughly and adding a little water, if required, to bring to a coating consistency. Beat again over gentle heat, test the consistency, then pour over the cake.

Orange glacé icing

Make as for water or glacé icing using strained orange juice instead of water.

Coffee glacé icing

Make as before but use half coffee essence and half water for mixing.



Coffee butter icing

4 oz butter
6 oz sieved icing sugar
2 teaspoonfuls coffee essence

Cream the fat and sugar together until soft and then add the essence. Use as directed.

Orange and honey cream

- 2 oz butter
- 1 tablespoonful honey [medium stiffness]
- 1 level teaspoonful finely grated orange rind
- 3 oz sieved icing sugar

Prepare as for lemon curd cream adding the orange rind with the honey.

Chocolate butter icing

- $\frac{1}{2}$ lb sieved icing sugar
- $\frac{1}{2}$ gill water [$\frac{1}{2}$ gill = $\frac{1}{4}$ pint]
- 4 oz butter
- vanilla essence
- 5 oz plain chocolate

Shred chocolate finely with a knife, place in a small saucepan with the water. Stir over gentle heat until smooth, cool. Beat the fat until soft, beat in sugar gradually, then melted chocolate and essence. Use at once. If the icing becomes too firm beat over gentle heat.

Butter cream icing

- 1 $\frac{1}{2}$ oz butter
- 4 oz sieved icing sugar
- 2 teaspoonfuls hot milk

Cream the butter until soft, beat in half the sugar. Add the hot milk with any flavouring and/or colouring desired and the rest of the sugar. Stir then beat until smooth.

NB: This will make sufficient icing to sandwich and top a 7-inch sandwich cake. Half the amount will sandwich the cake. Twice the amount will sandwich and completely cover the cake.

FLAVOURINGS

Chocolate butter cream icing

Add 1 oz grated plain chocolate dissolved in the hot milk.

Peppermint butter cream icing

[delicious for chocolate cake]
Add 2 or 3 drops of peppermint essence and 2 or 3 drops of green colouring.

Orange butter cream icing

Add $\frac{1}{2}$ teaspoonful finely grated orange rind and 2 or 3 drops of orange colouring.

Coffee butter cream icing

Add 1 teaspoonful powdered coffee extract dissolved in the hot milk.

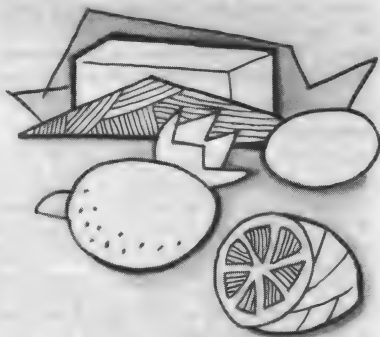
Lemon butter cream icing

Add 1 teaspoonful lemon curd.

Vanilla cream

- 2 oz butter or margarine
- 1 rounded teaspoonful cornflour
- 2 oz icing or castor sugar
- $\frac{1}{4}$ teaspoonful vanilla essence
- $\frac{1}{4}$ pint milk

Blend cornflour with milk, boil until thick, stirring all the time, leave until cold with a piece of wet paper over the surface to prevent a skin forming. Cream the fat and sugar until very soft, so this mixture is the same consistency as the cornflour sauce. Add the latter a spoonful at a time beating well after each addition. Beat in essence and use as required.



Lemon curd

- 6 oz butter
- 1 lb loaf sugar
- 4 eggs
- 3 lemons

Wipe lemons and grate rinds. Melt butter in a double saucepan, add sugar, lemon juice and grated rinds and dissolve. Add the beaten eggs and stir constantly until it thickens. Pour into pots. Cover as for jam.

Lemon curd cream

- 2 oz butter
- 3 oz sieved icing sugar
- 1 $\frac{1}{2}$ tablespoonfuls lemon curd

Beat the fat until soft. Add the sugar and beat to a cream. Stir in the lemon curd gradually and beat again.

Brandy or rum butter

- 3 oz sugar
- 4 oz fresh butter
- nutmeg
- rum or brandy to taste

Beat the butter and sugar to a cream and add brandy or rum to taste. Pile in a dish and dredge lightly with powdered nutmeg.

Quick loaves and yeast mixtures



Quick loaf

1 lb McDougall's super-sifted self-raising flour
1 heaped teaspoonful salt
 $\frac{1}{2}$ pint of water plus two extra tablespoonfuls water

Sieve or mix flour and salt, add all the water and mix to a pliable dough with a fork. Turn on to a floured board and knead lightly until smooth. Shape into a round and place on a greased baking sheet smooth side uppermost. Bake for 35 mins. If preferred, the dough may be shaped into a plait, twist or cottage loaf or into small rolls or horseshoes. 425° fahr; regulo mark 7; middle shelf

French twist

1 lb McDougall's super-sifted self-raising flour
1 teaspoonful salt
1 egg just under $\frac{1}{2}$ pint milk
1 oz butter or margarine

Sieve or mix the flour and salt in a basin. Make a well in the centre. Beat up the egg, and make it up to $\frac{1}{2}$ pint with milk. Melt the fat in a saucepan and when tepid pour into the centre of the flour with the egg and milk and work into a soft dough. Cut into two and shape quickly in a long twist. Brush over with beaten egg or milk and bake on a greased tin for about 35 mins. 425° fahr; regulo mark 7; middle shelf

Date and walnut loaf

$\frac{1}{2}$ lb McDougall's super-sifted self-raising flour
 $\frac{1}{4}$ teaspoonful salt
 $\frac{1}{2}$ teaspoonful mixed spice
1 oz shelled walnuts 3 oz dates
5 tablespoonfuls milk 1 oz sugar
2 level tablespoonfuls malt extract
2 tablespoonfuls warmed syrup

Sieve the flour, salt and spice, add the sugar, chopped walnuts and dates. Warm the malt, milk and syrup in a saucepan over gentle heat, and add to the dry ingredients. Beat well. Put into a greased 1-lb bread tin and bake for 1 hr.

330° fahr; regulo mark 3; middle shelf

Bun loaf

$\frac{3}{4}$ lb McDougall's super-sifted self-raising flour
 $\frac{1}{4}$ teaspoonful salt
1 teaspoonful mixed spice
4 $\frac{1}{2}$ oz butter or margarine
4 oz sugar 1 oz peel
2 oz raisins [stoned and chopped]
2 oz sultanas 4 oz currants
 $\frac{1}{2}$ pint milk 1 egg
 $\frac{1}{2}$ oz chopped almonds or walnuts
3 level tablespoonfuls marmalade

Grease and line a 2-lb loaf tin, brush lightly with melted vegetable cooking fat or lard. Prepare by Method 1 [see page 16] adding the marmalade with the beaten egg and milk. Stir, then beat well. Put the mixture into the tin, smooth level. Bake 2 hrs and 10 mins. 310° fahr; regulo mark 2; just below middle of the oven

Dried yeast

If stored in a tightly-lidded tin in a cool place, it will keep up to 6 months. It can be prepared in 4-oz tins from grocers, chemists or Health Food Stores.

To reconstitute

Dissolve a teaspoonful of sugar in a cupful of warm liquid. Sprinkle dried yeast on top, leave in a warm place for 10 mins or until frothy, then add to the dry ingredients with the remaining liquid and make a dough.

1 oz fresh yeast = $\frac{1}{2}$ oz or 1 level tablespoon dried yeast.

Morning rolls

[prepared overnight]

1 lb McDougall's super-sifted plain flour
 $\frac{1}{2}$ oz yeast 2 oz lard or butter
 $\frac{1}{2}$ teaspoonful salt
 $\frac{1}{2}$ pint cold milk and water mixed

Sieve flour and salt, rub in fat. Cream yeast with a little of the liquid, whisk in remainder. Pour into flour, mix to a soft dough, knead well. Place in a greased polythene bag and leave in a cold place overnight.

Next morning, knead lightly, cut into 6-8 squares. Dust with flour, place on a greased and floured baking tray. Cover with a cloth and leave about 40 mins in a warm place. Bake 15-20 mins, and serve hot with butter. 425° fahr; regulo mark 7; middle shelf

Plum bread

An unusual recipe using self-raising flour and yeast. The mixture is put straight into the oven and although the yeast contributes to the rising, it mainly adds flavour.

$\frac{3}{4}$ lb McDougall's super-sifted self-raising flour
pinch of salt
 $\frac{1}{4}$ teaspoonful powdered nutmeg
 $\frac{1}{4}$ oz margarine 3 oz sultanas
6 oz sugar 6 oz currants
1 oz yeast 2 oz cut cherries
 $\frac{1}{2}$ pint warm milk 2 oz mixed peel
3 oz raisins or chopped dates

Grease a 2-lb loaf tin. Sieve flour, salt and nutmeg. Rub in margarine, add fruit and all the sugar except one teaspoonful. Cream the yeast into the teaspoonful of sugar until liquid.

Make a well in the centre, add yeast and warm milk gradually and stir until evenly mixed. Turn into the tin and bake for 2 $\frac{1}{2}$ hrs.

310° fahr; regulo mark 2; middle shelf

Half this quantity can be made and baked in a 1-lb loaf tin for 1 $\frac{1}{2}$ hrs at 310° fahr; regulo mark 2.

Pizza

DOUGH

$\frac{1}{2}$ lb McDougall's super-sifted plain flour
1 level teaspoonful salt
 $\frac{1}{2}$ oz yeast 1 egg [small]
Approximately $\frac{1}{2}$ pint lukewarm milk
1 oz butter or margarine [softened but not melted]

Sieve flour and salt. Cream yeast with a little warm milk, beat egg, add with rest of milk to yeast. Add liquid gradually to flour, add softened butter. Beat well with the hand until mixture comes away from the fingers. Cover with a cloth, leave 40 mins in a warm place.

FILLING

$\frac{1}{2}$ oz vegetable cooking fat or 1 tablespoonful oil salt and pepper
1 bay leaf 1 teaspoonful sugar
4-5 olives 1 oz cheese
1 small onion - chopped
8 oz can tomatoes [strained]
2 $\frac{1}{2}$ oz can tomato purée
4 $\frac{1}{2}$ oz can tuna fish or 4 $\frac{1}{2}$ oz can sardines
small can anchovy fillets

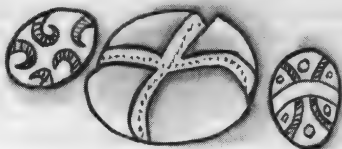
Melt fat, fry onion until tender and golden. Add canned tomatoes, purée, sugar, salt, pepper and bay leaf. Simmer 20 mins, cool, add tuna or sardines [tails removed]. Grease a large baking tray. Pat out dough with the hands to a round about 9 inches in diameter. Cover within $\frac{1}{2}$ inch of the edge with filling. Decorate with anchovies, thinly sliced cheese and olives. Leave Pizza in a warm place for 15 mins. Bake 25-30 mins. Serves 6-8.

425° fahr; regulo mark 7; middle shelf

Hot cross buns

1 lb McDougall's super-sifted plain flour
pinch of salt $\frac{1}{2}$ oz yeast
2 oz butter 2 oz castor sugar
1 egg 3 oz currants
 $\frac{1}{2}$ pint milk and water mixed
1 oz chopped candied peel
1 level teaspoonful cinnamon
1 level teaspoonful nutmeg
Short-crust pastry using 2 oz McDougall's super-sifted flour, self-raising or plain, etc., if liked.

Sieve half the flour into a bowl. Whisk the yeast with a little of the lukewarm milk and water, then whisk in the rest of the liquid. Pour into the sieved flour and mix well. Cover with a damp cloth, put in a warm place to 'sponge' for 40 mins. Meanwhile, sieve the remaining flour, salt, cinnamon, nutmeg and sugar. Stir in the fruit. Melt the butter and beat up the egg. Add the dry ingredients to the sponged mixture, pour in the butter and egg and mix thoroughly using the hand. Cover again with a damp cloth, put in a warm place to rise for 1-1 $\frac{1}{2}$ hrs. Turn the dough on to a floured board, cut into 16 pieces. Shape each piece into a round. Place on a greased and floured baking tray, allowing room for the buns to spread. Cut narrow strips of pastry, about 2 inches long, place in a cross on top of the buns, or make a cross using a knife, put in a warm place to prove for 40 mins. Bake for 15-20 mins. About 5 mins before removing from the oven, brush over with milk and sugar.
425° fahr; regulo mark 7; middle shelf



Puddings



Some general suggestions when making steamed puddings

When you have no steamer use a large saucepan with sufficient boiling water to come halfway up the basin.

Before preparing the pudding have the basin ready greased, as well as the greaseproof paper needed for covering the mixture when you put it in the basin.

Always see the water is boiling before putting the pudding in the steamer to cook – and keep it boiling. When the water is going down, replenish with boiling water every time.

Christmas and other boiled puddings should be covered with a greased cloth as well as the greased paper.

Christmas puddings

$\frac{1}{2}$ lb McDougall's super-sifted self-raising flour
 $\frac{1}{2}$ teaspoonful salt
 $\frac{1}{2}$ teaspoonful ground cinnamon
 $\frac{1}{2}$ teaspoonful grated nutmeg
 $\frac{1}{2}$ teaspoonful mixed spice
 $\frac{1}{2}$ lb breadcrumbs
 $\frac{1}{2}$ lb shredded suet
 1 lemon rind and juice 4 oz mixed peel
 2 oz blanched almonds $\frac{1}{2}$ lb sultanas
 $\frac{1}{2}$ lb stoned raisins 1 apple
 $\frac{1}{2}$ lb currants $\frac{1}{2}$ gill brandy
 6 oz demerara sugar 4 eggs
 about $1\frac{1}{2}$ gills milk [1 gill = $\frac{1}{4}$ pint]

Sieve the flour, salt and spices, add crumbs, suet and grated lemon rind. Chop the peel, raisins, almonds and apple. Mix all the dry ingredients. Beat up the eggs and add, together with the brandy, lemon juice and milk, to the other ingredients. Mix thoroughly and put the mixture into greased basins, filling to within $\frac{1}{2}$ inch of the top. Cover with greased greaseproof paper and a pudding cloth. Boil for eight hours or steam for ten hours. When the puddings are cold, remove the cloth and paper. Cover with greased greaseproof paper and a clean ungreased cloth. Hang in an airy larder or store in a cool, ventilated place. When required, steam for 3 hrs.

The mixture can be divided as follows :

Four basins of $\frac{3}{4}$ pint capacity and one small basin – steam for 5 hrs, or one basin of $2\frac{1}{2}$ pint capacity and one of $1\frac{1}{2}$ pint capacity – steam for 10 hrs, or three basins of $1\frac{1}{2}$ pint capacity – steam for 8 hrs.

For brandy butter see page 30.

Mixed fruit pudding

$\frac{1}{2}$ lb McDougall's super-sifted self-raising flour
 $\frac{1}{2}$ teaspoonful salt
 $\frac{1}{2}$ teaspoonful ground ginger or other spice
 3 oz shredded suet or margarine
 4–6 oz chopped dates, figs or other fruit available 2–3 oz sugar
 approximately $\frac{1}{2}$ pint milk or milk and water

Sieve flour, salt and spice, rub in margarine or stir in suet. Add sugar and fruit, stir in thoroughly and add sufficient liquid to mix to a soft consistency. Steam for 2 hrs.

NB: For a spotted dick, shape the above mixture into a roll on a floured board and follow directions for covering and cooking roly-poly.

Fresh fruit-pudding

Short-crust or Suet crust pastry [see pages 4 and 5]
 approximately $1\frac{1}{2}$ lb fruit
 about 3 tablespoonfuls of sugar
 water

Grease a $2\frac{1}{2}$ -pint pudding basin, prepare the pastry. Cut off two-thirds and roll into a round large enough to line the basin. Fold in half, place in basin, open out and press against base and sides. Add prepared fruit and sugar in layers and add about $\frac{1}{2}$ pint water. Roll out remaining pastry into a round large enough to cover the basin, moisten the edges with water. Cover the pudding, pressing the edges together. Cover with greased paper and steam steadily for 2 hrs.

Roly-poly

Suet crust pastry [see page 5] or *Short-crust pastry* [see page 4], using 8 oz McDougall's super-sifted self-raising flour and 2½ oz margarine
jam [or syrup and 2 tablespoonfuls breadcrumbs]

Prepare a large saucepan of boiling water, a piece of greased paper and a greased pudding cloth. Make the pastry, roll out into an oblong, moisten the edges with water and spread with jam [or syrup and breadcrumbs] to within 1 inch of the edges. Roll up lightly, seal the edges, wrap in the paper, then the cloth, tying the ends securely with string. Boil for 1½ hrs.

Dumplings

8 oz McDougall's super-sifted self-raising flour
¼ teaspoonful salt
2 oz shredded suet good shake of pepper
about ¼ pint water to mix

Sieve flour, pepper and salt, stir in suet, mix to a firm dough with a fork. Divide into six or eight, roll into balls and drop into boiling soups or stews. The soup, etc, should boil steadily, but not vigorously. Cook for 15–20 mins according to size.

Mincemeat-layer puddings

Suet crust pastry [see page 5]
jar of mincemeat

Grease a basin [1½ pint capacity]. Make the suet pastry and divide into four unequal portions. Roll out the smallest piece and place on the base of the basin, spread with mincemeat. Continue in this way and finish with a layer of pastry. Cover with greased paper and steam steadily for 2 hrs.

Jam cap pudding

6 oz McDougall's super-sifted self-raising flour
pinch of salt
5–6 tablespoonfuls milk
2 oz butter or margarine
2 tablespoonfuls jam or honey
1 oz sugar

Grease a pudding basin and place the jam or honey on the bottom. Prepare by Method 1 [see page 16], and put the mixture over the jam. Cover with greased paper and steam for 1½ hrs. Serve with custard. The mixture can be divided between 8 castile pudding tins. These should be greased and a small teaspoonful of jam placed on the bottom of each. Cover with greased paper and steam for 45 mins.

Chocolate sponge pudding

7½ oz McDougall's super-sifted self-raising flour
¼ teaspoonful salt
½ oz cocoa
3 oz butter or margarine
3 oz sugar 1 egg
4 tablespoonfuls milk vanilla essence

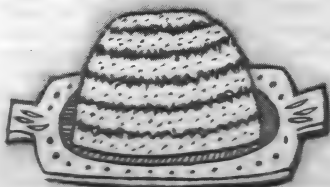
Prepare by Method 1 [see page 16] and steam in a greased, covered basin for 1½ hrs.

Apple sponge

4 oz McDougall's super-sifted self-raising flour
pinch of salt
2 oz butter or margarine
2 oz castor sugar
1 egg and a little milk
2 or 3 apples according to size

Grease a pie-dish, peel apples and slice. Put into the pie-dish, cover with sugar and add a tablespoonful of water. Put into the oven to warm. Prepare the rest of the ingredients by Method 2 [see page 17], spread over apples and bake in a moderately hot oven for 30–40 mins.

380° fahr; regulo mark 5; middle of the oven
NB: Any stewed fruit may be used, but most of the juice should be omitted.



Sponge flan

4 oz McDougall's super-sifted self-raising flour
pinch of salt
4 oz butter or margarine
4 oz castor sugar 2 eggs

To finish
fresh or canned fruit double cream
Brush a sponge flan tin measuring 8½ inches across, with vegetable cooking fat or lard. Prepare by Method 2 [see page 17] and put the mixture evenly into the tin, and bake for 20 mins.

380° fahr; regulo mark 5; middle shelf
Cool, then turn out on to a cake rack and when cold, fill with the fruit piled up well. Pipe stars of whipped cream around.

Orange upside down pudding

Recipe as for sponge flan [see page 34]

DECORATION

2 oranges angelica
a few glacé cherries
a few blanched, split almonds
1 oz butter or margarine
4 tablespoonfuls warmed golden syrup

Peel and slice the oranges into rounds. Arrange them on the bottom of a greased 8-inch cake tin, put half a cherry in the centres and fill the spaces with pieces of orange, halved cherries, almonds and angelica 'leaves'. Heat the fat in the syrup, boil for 3 mins until light brown in colour; pour it over the fruit.

Prepare the cake mixture by Method 2 [see page 17], spread evenly over the fruit and bake for 50 mins.

360° fahr; regulo mark 4; middle shelf

Put a hot plate over the tin, turn over, remove the tin carefully and serve hot with custard.

Pineapple pudding

1½ oz McDougall's super-sifted self-raising flour
pinch of salt
1½ oz butter or margarine
¾ pint milk
5 oz castor sugar 2 eggs
15 oz can pineapple drained and chopped
½ gill juice from the pineapple [1 gill = ¼ pint]
a few drops vanilla essence

Melt the fat in a saucepan, add the flour and salt and cook for a few seconds stirring with a wooden spoon. Add the milk gradually, stirring constantly, until all the milk is absorbed. Add 3 oz of the sugar. Bring to boiling point, then allow to cool slightly. Add the egg yolks, pineapple, the pineapple juice and vanilla. Pour the mixture into a greased 1½ pint pie dish. Whisk up the egg whites until stiff and dry. Beat in 2 teaspoonfuls of the remaining sugar. Cut and fold in the rest of the sugar thoroughly but lightly. Pile the meringue on top of the pudding. Dredge with castor sugar. Bake for 50 mins.

290° fahr; regulo mark 1; middle shelf

Fruit crumble

1½ lb plums, gooseberries, etc, sugar, water

FOR THE CRUST

5 oz McDougall's super-sifted self-raising flour
pinch of salt
2 oz butter or margarine 1½ oz sugar

Put the prepared fruit and sugar [according to type of fruit] in layers in a greased 1½ pint pie-dish and add sufficient water to come about a quarter of the way up the dish. Put into the oven on a baking sheet whilst the crust is being prepared. Sieve or mix the flour and salt, rub in the fat until the mixture resembles breadcrumbs, stir in the sugar lightly and sprinkle the mixture over the fruit. Bake for 25-30 mins until the fruit is tender.

380° fahr; regulo mark 5; middle shelf



Strawberry shortcake

½ lb McDougall's super-sifted self-raising flour
pinch of salt
5 oz butter or margarine
6 oz castor sugar
2 eggs 4 tablespoonfuls milk
vanilla essence
½ pint double cream and as many fresh strawberries as liked

Prepare by Method 2 [see page 17]. Divide between two lined 8-inch sandwich tins and bake 25 mins.

380° fahr; regulo mark 5; middle shelf

Remove from the tins and leave on a wire rack till cold. Whip the cream, sweeten and flavour it, spread half of it on one cake, cover with strawberries and the other cake. Spread the remaining cream on the top and decorate with strawberries. Serve as a summer sweet or cake.

Yorkshire pudding

4 oz McDougall's super-sifted flour, self-raising or plain good pinch of salt
1 large egg and $\frac{1}{2}$ pint milk OR 2 standard eggs and $1\frac{1}{2}$ gills milk [1 gill = $\frac{1}{4}$ pint]
dripping or vegetable cooking fat

Sieve the flour and salt into a basin, make a well in the centre, add the egg and a little of the milk. Stir, drawing in the flour from the sides. Beat well until smooth. Add half the milk gradually, stirring and beating thoroughly. Beat for a few minutes, stir in the remainder of the milk and leave the batter to stand for half an hour. Select a Yorkshire pudding tin with a base measuring $8\frac{1}{2} \times 6$ inches, put 2 tablespoonfuls of dripping in it and heat in the oven until a blue smoke is seen. Stir the batter thoroughly, pour into the tin and bake for 30–35 mins.

425° fahr; regulo mark 7; second shelf

NB: $\frac{1}{2}$ milk and $\frac{1}{2}$ water may be used for the batter if preferred.

Pancakes

batter see Yorkshire pudding, above
vegetable cooking fat or lard
lemon sugar

Melt a small piece of fat in a frying pan and when smoking hot, pour in just enough batter to coat the bottom of the pan thinly. When the underside is sufficiently brown, toss the pancake over and cook the other side. Turn out on to sugared paper, sprinkle with castor sugar and squeeze a little lemon juice on the top and roll up.

NB: It is convenient to have the batter in a small jug so that just the right amount may be poured out. Too much batter will make a thick, heavy pancake.

Savoury fritters

$\frac{1}{2}$ quantity Fritter batter [1] see above
3 tomatoes 1 oz cooked ham,
cooked meat or cheese
fat for frying shake of pepper

Sieve the flour, salt and pepper into a bowl and add the chopped ham or grated cheese. Add the egg and milk and beat thoroughly. Heat the fat in a frying-pan until a slight haze appears and fry tablespoonfuls of the mixture until golden brown. Turn the fritters over and fry on the other side. Serve hot with fried tomatoes. [Try these for breakfast also.]

Fritter batter [1]

$\frac{1}{4}$ lb McDougall's super-sifted flour, self-raising or plain pinch of salt
1 egg about $\frac{1}{4}$ pint milk

Sieve the flour and salt, make a well in the centre, drop in the egg and, adding the milk gradually, stir in the flour by degrees, keeping the mixture smooth and beating well. The batter must be thick enough to coat the back of a spoon or it will not coat the food.

Fritter batter [2]

$\frac{1}{4}$ lb McDougall's super-sifted flour, self-raising or plain pinch of salt
1 oz melted margarine or 1 tablespoonful olive oil
about $\frac{1}{4}$ pint tepid water

Sieve the flour and salt, pour the fat or oil on to the water, add gradually to the flour, stirring and beating to a smooth, coating consistency.

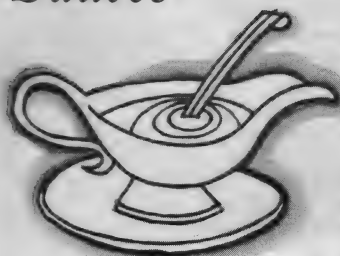
Popovers

Put small pieces of lard or dripping in 12 bun tins, place in the oven until a blue smoke rises from the fat. Prepare half the quantities given for Yorkshire pudding [see opposite] and pour into a small jug. Half fill the tins with batter, and bake for 15–20 mins. Serve hot with gravy or jam.

425° fahr; regulo mark 7;
second shelf from top



Sauces



WHITE SAUCES

Proportions for $\frac{1}{2}$ pint liquid, i.e., milk or milk and stock.

1. Pouring sauce

$\frac{1}{2}$ oz McDougall's super-sifted flour
 $\frac{1}{2}$ oz butter or margarine

2. Coating sauce

1 oz McDougall's super-sifted flour
 1 oz butter or margarine

Salt and pepper, sugar, etc, are added according to the type of sauce.

METHOD

Melt the fat in a saucepan, stir in the flour and cook over a gentle heat for a minute or two, without browning. Remove from the heat. Add the liquid gradually. Bring to the boil, stirring all the time. Stir and boil for 2 to 3 mins. Add any flavouring and seasonings.

FLAVOURINGS - to $\frac{1}{2}$ pint white sauce

Parsley

Add 1 dessertspoonful of finely chopped parsley and a pinch of salt.

Egg

Add 1 chopped, hard-boiled egg and season to taste.

Onion

Add 1 cooked onion, chopped fairly fine and season to taste.

Shrimp

Add about 2 tablespoonfuls of picked and washed shrimps and a few drops of anchovy essence. Re-heat.

Anchovy

Add 2 good teaspoonfuls of anchovy essence and a good squeeze of lemon juice.

Caper

Add 2 dessertspoonfuls of capers and 2 teaspoonfuls of the vinegar from the bottle. Capers may be cut or left whole.

Cheese

Add 2-3 tablespoonfuls grated cheese, a good shake of pepper, a little salt if necessary and a teaspoonful of prepared mustard, if liked.

Brandy

Add $\frac{1}{2}$ wineglass of brandy and sweeten to taste.

Béchamel sauce

Heat $\frac{1}{2}$ pint milk with a small onion stuck with 3 cloves, a bayleaf, piece of carrot and celery. Simmer very gently [do not boil] for 15-20 mins. Strain the liquid and use it for the sauce.

BROWN SAUCE

$\frac{1}{2}$ oz McDougall's super-sifted flour
 $\frac{1}{2}$ oz dripping
 small onion
 small carrot
 salt
 small onion
 $\frac{1}{2}$ pint stock*
 pepper

*If stock is not available dissolve $\frac{1}{4}$ a beef-boullion cube in $\frac{1}{2}$ pint hot water.

Melt the dripping, add the sliced vegetables and flour. Cook over a gentle heat, stirring all the time, until it is a deep, rich brown colour [about 15 mins]. Care must be taken to avoid burning. Add the stock gradually, add the seasoning and bring to the boil, stirring to keep the sauce smooth. Simmer gently for $\frac{1}{2}$ hr. Strain the sauce and check the seasoning. The amount of fat and flour may be increased for a thicker sauce.

Gravy for roast meat

Pour off the fat from the meat carefully leaving 1 tablespoonful for every pint of gravy required. Stir in 1 tablespoonful of flour and cook for 2-3 mins. Gradually add stock or vegetable water and stir until it boils. Boil 3 mins. Season well. If necessary, add a little gravy browning before serving.

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The 26th edition of McDougall's famous cookery book has been completely revised and enlarged to include recipes for our super-sifted plain and self-raising flours.

If your friends would like a copy of this book, please ask them to send two 4d stamps to: Janet Johnston, (Dept. 26) McDougall's Cookery Service, Wheatsheaf Mills, London, E14.



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Home catering guides

All Guides give costed menus, recipes and optional extras. They are obtainable from Janet Johnston, McDougall's Cookery Service, Wheatsheaf Mills, London, E.14.

- 1** *The Wedding Reception.* 9d. (3 × 3d. stamps.)
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- 2** *The Family Christmas.* 1/-d. (3 × 4d. stamps.)
Caters for a party of 12 (8 adults and 4 children) from Christmas Eve to the end of Boxing Day and includes costed shopping lists.
- 3** *Christening and Children's Parties.* 1/3d. (5 × 3d. stamps.)
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- 4** *Teenage Parties.* 1/6d. (6 × 3d. stamps.)
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